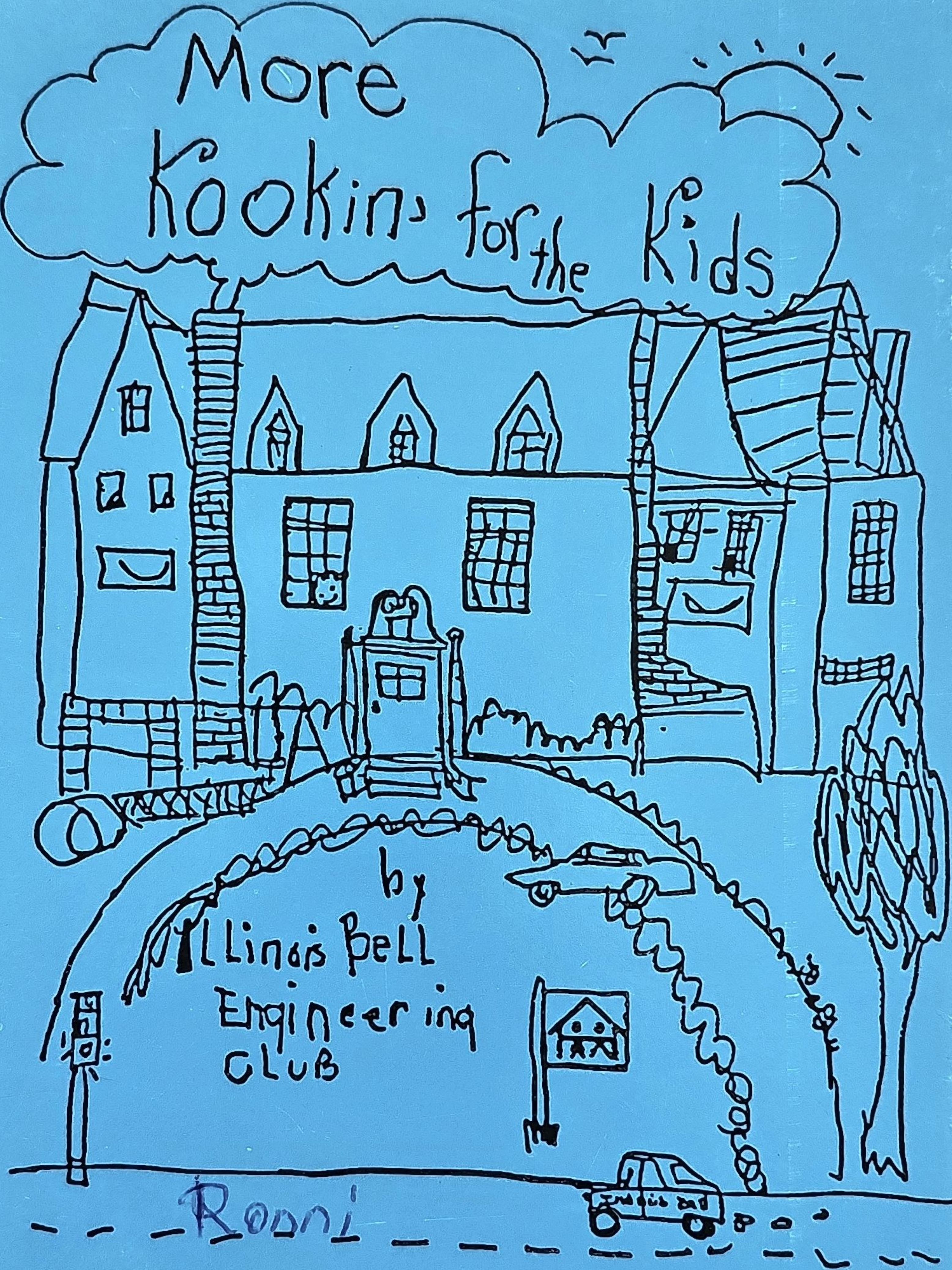


More Kookin's for the Kids

by

Illinois Bell Engineering Club

Ronni

π 4º

Expression of Appreciation

We would like to thank everyone who submitted their favorite recipes. Your great response has made it possible for us to compile our second edition of our cookbook, and we greatly appreciate it.

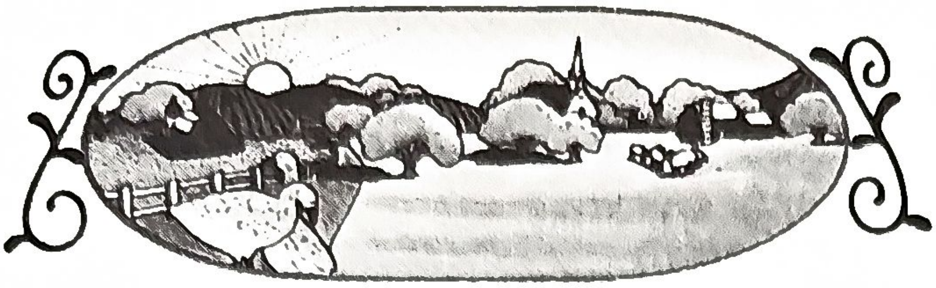
We would also like to express our thanks to Kathi and Bart, our fellow employees, for their artwork.

Engineering Club of IBT

For the past six years, we have purchased Christmas gifts for the residents of the Children's Home.

This is the second cookbook we have had published. Our first one was such a success that it provided us with the funds to allow us to purchase presents for the last two years. We hope this cookbook will be as successful.

All proceeds will go to the fund for gifts for the children.



Your Favorite Recipes

Recipe Page Number

FUNDCRAFT PUBLISHING, INC.
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Celebrities Favorites

1758-9

Flowers and Birthday Stones

	FLOWERS	BIRTHSTONES	
		Natural	Synthetic
January	Snowdrop or Carnation	Garnet	Garnet
February	Primrose or Violet	Amethyst	Amethyst
March	Jonquil or Daffodil	Bloodstone - Aquamarine	Aquamarine
April	Daisy or Sweet Pea	Diamond	White Sapphire
May	Hawthorn or Lily of the Valley	Emerald	Green Spinel
June	Rose or Honeysuckle	Pearl or Moonstone	Alexandrite
July	Larkspur or Water Lily	Ruby	Ruby
August	Poppy or Gladiolus	Sardonyx - Peridot	Peridot
September	Aster or Morning Glory	Sapphire	Sapphire
October	Cosmos or Dahlia	Opal - Tourmaline	Rose - Zircon
November	Chrysanthemum	Topaz or Citrine	Golden Sapphire
December	Holly or Poinsettia	Turquoise or Lapis Lazuli	Zircon

Wedding Anniversaries

	Traditional	Modern		Traditional	Modern
1st	Paper	Clocks	15th	Crystal	Watches
2nd	Cotton	China	16th	--------	Silver Holloware
3rd	Linen	Crystal and Glass	17th	--------	Furniture
4th	Silk	Electric Appliances	18th	--------	Porcelain
			19th	--------	Bronze
5th	Wood	Silverware	20th	China	Platinum
6th	Iron	Wood	25th	Silver	Sterling Jubilee
7th	Copper	Desk Sets, Pencil Sets	30th	Pearl	Diamond
8th	Bronze	Linens, Laces	35th	Coral	Jade
9th	Pottery	Leather	40th	Ruby	Ruby
10th	Tin	Diamond Jewelry	45th	Sapphire	Sapphire
11th	--------	Fashion Jewelry	50th	Gold	Golden Jubilee
12th	--------	Pearls, Colored Gems	55th	Emerald	Emerald
			60th	--------	Diamond Jubilee
13th	--------	Textiles, Furs	75th	Diamond	
14th	--------	Gold Jewelry			

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CELEBRITIES FAVORITES

DOLLY PARTON'S CORN PONE

- 2 c. cornmeal
- 1 tsp. salt
- 2 tsp. all-purpose flour
- 2 tsp. bacon grease
- milk (use enough to make a stiff batter, about 1 c.)

Mix all ingredients together, then form pones by hand and put on a greased baking sheet. Bake 12 to 15 minutes at 425°. Makes about 1 1/2 dozen, depending on size.

Pones: cornmeal cakes shaped like ovals, originated with the Algonquin Indians.

Dolly Parton

MEAT LOAF

- 2 lb. ground round steak
- 2 eggs
- 1 1/2 c. bread crumbs
- 3/4 c. ketchup
- 1 tsp. Accent
- 1/2 c. warm water
- 1 pkg. Lipton onion soup mix
- 1 (8 oz.) Hunt's tomato sauce

Mix thoroughly all ingredients, except tomato sauce. Put into loaf pan and cover with 2 strips of bacon if you enjoy that flavor. Pour over all the can of tomato sauce. Bake 1 hour at 350°. Serves 6.

Ann Landers

CHICKEN WITH WINE AND VEGETABLES

- 4 boned chicken breasts, halved
- 1 c. orange juice
- 1 c. Marsala wine
- 1/4 c. ginger ale
- 1/4 lemon
- 1 sliced onion
- 1/2 c. flour
- salt and pepper
- 8 whole mushrooms
- 1 medium can artichoke hearts
- 3 Tbsp. butter

Brown onions in 1 tablespoon butter. Salt and pepper chicken after washing. Roll in flour to cover. Brown quickly in remaining butter. Place onions in bottom of Dutch oven, over this layer chicken and mushrooms. Mix liquid ingredients and pour over. Cook, covered, for 1 hour at 325°. Add artichoke hearts and cook for 1/2 hour more. Serve with brown rice.

Tom Selleck

BROCCOLI-CHICKEN CASSEROLE

2 (10 oz.) pkg. frozen broccoli
3 c. diced, cooked chicken
2 (10 1/2 oz.) cans cream of chicken soup
1/2 c. soft bread crumbs
1 c. mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1 (8 oz.) can sliced water chestnuts, drained
4 oz. shredded sharp cheese
1 Tbsp. melted butter

Cook broccoli and drain. Place in bottom of buttered 7 x 11-inch casserole. Place chicken on top of broccoli. Mix soup, mayonnaise, lemon juice, curry powder and water chestnuts. Pour over chicken. Place shredded cheese on top and cover with bread crumbs and drizzle melted butter on top. Bake at 350° for 25 to 35 minutes. Makes 6 to 8 servings. Can be frozen or made ahead and refrigerated.

Roger Staubach

VEGETABLE MEDLEY

1 large or 2 small zucchini
2 ears fresh corn or 1 lb. can whole kernel corn
2 or 3 ripe tomatoes
6 or 8 green onions
2 Tbsp. butter
salt and pepper to taste
1/3 lb. fresh mushrooms

Wash and trim ends of zucchini. Cut lengthwise and across into cubes. Cut corn off cob or drain whole kernel corn. Wash and trim mushrooms, slice. Peel tomatoes and remove core. Cut in large cubes. Trim onions and cut crosswise in 1 inch lengths. Melt butter in skillet; add zucchini, corn, mushrooms and salt and pepper. Cook about 1 minute, stirring to mix well. Add green onions. Cover and cook about 1 minute more; add tomatoes, cover and cook about 5 minutes, stirring occasionally. Serve while hot. Makes 4 generous servings.

Carol Burnett

BARBARA MANDRELL'S FAVORITE CAKE

1 box butter cake mix
1 can (11 oz.) mandarin oranges and juice
1/2 c. oil
4 eggs

Frosting:

1 pkg. (3 oz.) vanilla instant pudding (use dry)	1 can (large) crushed pineapple with juice
1 c. (9 oz.) Cool Whip	

Mix all cake ingredients together in bowl. Bake at 325° about 30 to 35 minutes. After cake is cooled, stick holes in it with a fork to enable frosting to soak in the cake.

Mix frosting ingredients in bowl. Spread on cake and refrigerate.

If a regular cake mix is used, add about 1/2 cup melted margarine to other ingredients in the cake mix.

Barbara Mandrell

BREAD PUDDING

3/4 c. raisins	1/4 c. sugar
1/2 c. honey	1/4 tsp. salt
1 qt. milk	2 tsp. vanilla
4 c. white bread cubes	nutmeg
5 eggs	

Rinse raisins; drain. Combine honey and bread cubes. Cook over low heat and stir until bread absorbs honey (2 to 3 minutes). Blend milk, slightly beaten eggs, sugar, salt and vanilla together; add with raisins to bread cubes. Mix well. Pour into buttered baking dish; sprinkle with nutmeg. Place dish in pan of hot water and bake in moderate 350° oven for 1 hour or until knife inserted in center comes out clean. Serve plain or with whipped cream.

Willard Scott

SCOTCH EGGS

3/4 lb. bulk pork sausage	1/3 c. fine dry bread crumbs
1 egg, beaten	fat for deep frying
12 hard-cooked eggs	

Divide sausage into 12 equal portions (1 ounce each). Shape each portion into patty and wrap completely around 1 hard-cooked egg, pressing edges together to seal. Dip sausage wrapped eggs in beaten egg, then roll in bread crumbs until completely coated. Cook eggs in preheated 375° deep fat until golden brown and heated through, 7 to 9 minutes. Drain on absorbent paper. Serve hot or cold. Yum!

Willard Scott

HERRING COPENHAGEN

- 1 doz. herring fillets in brine
- 1 whole herring in brine water
- 1 c. distilled white vinegar
- 1/2 c. finely granulated sugar
- 1/4 tsp. ground allspice
- 1/2 tsp. ground white pepper
- 4 bay leaves
- 1/2 c. coarsely chopped Bermuda onion

Place fillets and whole herring in large enamel or earthenware bowl. Add cold water to cover. Soak herring overnight to remove excess salt, changing water several times. Drain herring. Cut each fillet crosswise into 1 inch pieces. Place pieces in enamel or earthenware bowl. Prepare whole herring in similar manner. Cut crosswise into 1 inch pieces. Place in separate bowl. Place remaining ingredients in saucepan. Bring to boil. Simmer 1 minute. Remove from heat. Cool to room temperature. Pour most of the marinade over filleted pieces. Pour remainder over whole herring pieces. Cover bowls. Let herring marinate in refrigerator 6 hours or longer. Drain, reserve marinade. Serve herring plain, using pieces cut from whole herring for garnish or use in many ways for main dish or salad offerings.

Walter Cronkite

COUNTRY SQUIRE SQUARES

- 3 c. coarsely chopped pecans
- 3 c. brown sugar
- 2 c. cake flour
- 1 tsp. baking powder
- 6 egg whites

Beat egg whites until stiff and mix all ingredients together. Bake in square pan in a 350° oven for 25 minutes. Do not overbake. Cool and cut into squares. Makes about 24 squares.

Phyllis Diller

PHYLLIS DILLER'S ZESTY BARBECUE SEASONING

- cracked pepper
- Lawry's seasoned salt
- garlic powder
- a small touch of dried red chili peppers

This seasoning is good for steaks, chops or chicken. Season the meat to taste. Sear outside quickly to retain juiciness inside. Delicious!

Phyllis Diller

CHICKEN SALAD A LA ROGERS

- 2 c. cooked chicken (white meat)
- 3 dill pickles (non-kosher), skinned
- 1/2 c. chopped walnuts
- 1/4 c. slivered or chopped almonds

Pick the chicken from the bone rather than cut it. Peel pickles with a potato peeler and chop. Mix all the ingredients lightly with dressing of your choice. You may prefer to add chopped scallions. Season to taste on a bed of crisp lettuce.

Kenny Rogers

NOCHE SPECIALS

Cut tortillas into quarters and fry in deep hot fat until brown and crisp on both sides. Drain and put about 1 teaspoon of grated cheese and a slice of jalapeno pepper on each quarter. Place in hot oven until well heated and cheese begins to melt. Serve at once.

Lady Bird Johnson

DOLLY PARTON'S BANANA PUDDING

- 2 (12 oz.) boxes vanilla wafers (Nilla wafers)
- 3 lb. bananas, sliced
- 1 1/2 c. sugar
- 1/2 c. all-purpose flour
- 3 whole eggs
- 6 egg yolks (save whites for meringue)
- 1/2 c. butter
- 6 c. milk
- dash of salt
- 2 tsp. vanilla

Layer sliced bananas and vanilla wafers in large baking pan. Mix together sugar, flour, eggs, butter and salt in heavy bottomed saucepan; add milk, a little at a time. Cook slowly until the mixture thickens. Let cool for a few minutes, then add vanilla. Pour over bananas and vanilla wafers.

Meringue Topping:

6 egg whites
1 tsp. lemon juice
1 tsp. sugar
1 tsp. vanilla

Beat the egg whites with lemon juice, sugar and vanilla until stiff. Spoon this mixture over top of pudding and brown at 350° for 10 to 12 minutes, or until golden on top. Makes 10 to 12 servings.

This special dessert is Dolly's treat at Aunt Granny restaurant in "Dollywood".

Dolly Parton

JOHN'S FAVORITE COLE SLAW

1/2 medium cabbage
1/2 small red cabbage
2 carrots, shredded
1 green pepper, chopped
1/2 c. raisins

Sauce:

3 Tbsp. red wine vinegar
1/3 c. sugar
1 1/2 c. mayonnaise

Sauce: Mix together.

Shred cabbage; add carrots, green pepper and raisins. Place 1/2 cabbage mixture in a bowl. Pour 1/2 of the sauce over it. Add rest of cabbage mixture and rest of sauce. Press down with hand or large spoon, cover and refrigerate overnight. Makes 8 to 10 servings.

John Williams, WMBD Radio

MEATLESS SWEET SALAD

a good size stalk of broccoli
1 onion (as red as Mikhail Gorbachev)
6 oz. sunflower seeds
1 1/2 c. celery (sliced like Freddy Krueger's victims)
1/2 c. crumbled bacon bits or similar product
1/2 c. raisins (California, optional; singing mandatory)
1 c. mayonnaise
1/4 c. sugar (as white and refined as Cybil Shepherd)
2 Tbsp. vinegar

Combine mayonnaise, sugar and vinegar into a dressing;

boil the raisins for about a minute and drain. Chop the onion with the vigor of a budget cutter. Wash and cut up broccoli and combine everything together.

Bill Knight
Peoria Journal Star

FRIED APPLES

- 10 to 12 small apples, peeled, cored and sliced
- 3/4 c. white sugar
- 1/2 c. brown sugar, packed
- 1/2 tsp. salt
- 1 rounded tsp. ground cinnamon
- 1/2 c. butter

Mix white and brown sugars, salt and cinnamon and pour over apples. Stir so that apples are well covered. Melt butter in electric frying pan and add apples. Cover and cook at 300° for about 5 minutes. Reduce heat to 280° and cook for about 15 minutes more. Turn apples occasionally. Remove cover the last 5 to 10 minutes. Great with ham or pork.

John Williams, WMBD Radio

STUFFED MUSHROOMS

- 15 to 20 large fresh mushrooms
- 3/4 c. melted butter
- 1/2 c. finely chopped green onions
- 1 c. seasoned bread crumbs
- 1 lb. spicy sausage
- Parmesan cheese, grated

Remove stems from clean mushrooms; finely chop and set aside. Dip mushroom caps in melted butter and place crown side down in shallow baking pan.

In skillet fry sausage; break into small pieces. Add onion and mushroom stems; saute. Add bread crumbs; mix well. Spoon mixture into mushroom caps and sprinkle with Parmesan cheese. Bake at 350° until hot.

Bill Houlihan, WEEK TV

DELUXE BROWNIES

- 1 family size box brownie mix
- 1 stick butter, melted
- 1 extra egg
- 1/2 c. chocolate chips
- 1/2 c. nuts

Mix according to directions, then add additional ingredients. Bake according to directions.

Bill Houlihan, WEEK TV

MAYOR MALOOF'S CHILI

- 2 Tbsp. olive oil
- 1 lb. ground beef, veal or turkey
- 1 c. chopped onion
- 1 c. chopped celery
- 2 cloves minced garlic
- 3 c. or 2 cans red kidney beans (or pinto or navy beans)
- 1/2 c. chopped green pepper (optional)
- 1 can (28 oz.) tomatoes, undrained, diced
- 1 can (12 oz.) tomato juice
- 1 can (10 1/2 oz.) beef broth or bouillon cubes
- 1 or 2 Tbsp. chili powder to taste
- 2 tsp salt to taste
- 1/8 tsp. cayenne pepper (optional)
- 1 c. red wine (optional)

If using fresh beans, prepare beforehand. Brown meat in large skillet until no longer pink. Drain all drippings from meat; add 2 tablespoons olive oil and saute onions, celery and garlic until onion is tender, but not browned. Stir meat into onion mixture. In a 4 or 6 quart pot, combine meat mixture, tomatoes, tomato juice, beef broth, chili powder, salt, cayenne pepper and beans and desired optional ingredients. Bring to boil; reduce heat. Cover and simmer 45 minutes to 1 hour. Makes 6 to 8 servings.

Topping Suggestions:

- grated favorite cheese
- sour cream dollops
- croutons
- chopped onions

Mayor James Maloof

R AND D MAGIC MUSHROOMS

- 16 oz. fresh mushrooms
- 1/2 stick butter or margarine
- 2 tsp. anchovy paste
- 2 tsp. garlic salt

Melt butter, anchovy paste and garlic salt together in large saucepan or slow cooker. Add mushrooms and simmer for 20 minutes or until mushrooms are brown and glazed, stirring occasionally. Serve hot for a delicious appetizer.

Rollie Keith, WMBD TV

ROLLIE'S PORK STEAK CASSEROLE

4 pork steaks (1/2 inch thick)
2 c. uncooked long grain rice
1 (14 oz.) can chop suey vegetables
1 (10 oz.) can condensed cream of mushroom soup
1 1/2 c. water
soy sauce
1 c. French fried onion rings (can or frozen)

Preheat oven to 350°. Place rice in a shallow 1 1/2 quart baking dish (10 x 10 x 2-inches). Drain chop suey vegetables (reserve liquid). Spread vegetables evenly over rice. Spoon soup over the casserole mixture; add vegetable liquid and water. Place pork steaks brushed with soy sauce on top, continue to baste chops occasionally (as casserole bakes). Bake in preheated oven for 1 hour. Sprinkle onion rings on top of casserole, continue to bake an additional 15 minutes. Makes 4 to 6 servings.

Rollie Keith, WMBD TV

SUNDAY CHICKEN

1 c. uncooked rice
cut up chicken
1 can mushroom soup
1 pkg. dry onion soup
1 1/2 soup cans of water

Scatter rice in bottom of small roaster. Mix soups and water. Lay pieces of chicken over rice. Sprinkle lightly with salt. Pour soups over the chicken and rice. Bake at 300° for 3 hours. (You can cut down on cooking time by pre-cooking rice and chicken.)

Stan Albeck
Bradley Braves

VONACHEN'S JUNCTION CANADIAN CHEESE SOUP

2 qt. chicken stock
1/2 c. diced celery
1/2 c. diced carrots
1/4 c. diced onion
1 lb. American cheese, shredded
1 dash hot sauce
1 Tbsp. lemon juice
1 Tbsp. chopped parsley
1/3 c. bacon, chopped fine and cooked crisp
1 tsp. baking soda
1 qt. milk

Pour chicken stock (your own, canned or made from seasoned stock base) into large deep kettle. Add celery, carrots and onion; cook briskly, about 30 minutes, or until vegetables combine with stock as a puree. Stir in cheese, hot sauce, lemon juice, parsley and bacon. Stir in baking soda (to keep milk from curdling), then add milk. Heat through, stirring until cheese melts and soup is smooth. Adjust seasonings to taste with salt and pepper.

Pete Vonachen
Peoria Chiefs

WHOLE WHEAT PANCAKES

1 c. whole wheat
1/2 c. all-purpose flour
1/4 tsp. salt (optional)
1/2 tsp. baking powder
3/4 tsp. baking soda
2 Tbsp. sugar
1 egg, lightly beaten
1 1/2 c. buttermilk
1 Tbsp. vegetable oil

In large bowl, mix dry ingredients. In separate bowl, mix egg, buttermilk and oil; add to dry ingredients. Stir just to moisten. Spray griddle with cooking spray and heat. Drop 1/4 cup of batter on griddle and cook until covered with bubbles. Turn and brown. Makes 4 servings, 3/4 inch pancakes each. Contains 270 calories per serving, 20% of calories from fat.

Darrell May
Peoria Riverman, Goalie

BLUEBERRY SAUCE FOR PANCAKES

2 tsp. cornstarch
3/4 c. fresh or frozen blueberries
2 Tbsp. honey
2 tsp. lemon juice

Mix cornstarch with 2 tablespoons of cold water in saucepan, stir until smooth. Add another 6 tablespoons water, blueberries and honey; mix crushing berries with back of spoon. Bring to boil over medium heat, stirring constantly. Cook until thickened. Remove from heat; stir in lemon juice. Makes 1 cup or four 1/4 cup servings. Contains 50 calories per serving, 4% of calories from fat.

Darrell May
Peoria Riverman, Goalie

TURKEY MEAT BALLS

1 lb. ground turkey	1/2 c. applesauce or grated apple
1/2 c. bread crumbs or wheat germ	1 egg or 2 egg whites
1 to 2 cloves garlic	1 small onion, chopped

Bake at 350° for 30 to 35 minutes in lightly greased dish.

Note: This a nice alternative for people staying away from red meat. These are great as a main dish or in spaghetti sauce.

Christine Zak, WEEK TV

CORN CHOWDER

1 large onion	4 c. milk
3 Tbsp. oil	2 tsp. salt
2 large potatoes, scrubbed and cut in 1/4 inch cubes	1/4 tsp. paprika
	2 1/2 c. fresh or frozen corn

Saute onion in oil; add potatoes and saute a few minutes longer. Add remaining ingredients and bring to boil. Reduce heat and simmer for 15 to 20 minutes. Stir occasionally.

Christine Zak, WEEK TV

ANTIPASTA

2 c. Brooks catsup	2 c. red and green peppers
1 small can tomato paste	1 pt. mushrooms, sliced
1 c. white vinegar	1 c. sweet pickles, chopped
2 c. vegetable oil	2 c. green olives, sliced
2 c. cauliflower	2 c. cocktail onions
1 c. string beans	1 small can tuna
1 large carrot	1/4 c. fructose or sugar
1 stalk celery	1 tsp. salt

Boil liquids together. Have all vegetables ready in bite-size pieces. Cook celery, cauliflower, carrots, beans and onions in liquid about 6 to 7 minutes, then add peppers, mushrooms, olives and pickles, plus salt and fructose (sugar). Let boil 15 minutes; add tuna, boil 10 minutes.

Christine Zak, WEEK TV

SUPREME PHEASANT

This recipe goes best with 2 pheasants. Cut all the meat you can from the bone, then marinate the pieces for 3 hours in enough orange juice (cover all the meat) that is mixed with clove of minced garlic and parsley. Take 1 quarter cup of raisins and marinate in 1/3 cup of sherry for about an hour. After pheasant has marinated, take the pieces, drop in a bag with a small amount of flour and shake. Brown each in 4 ounces of olive oil. Remove pheasant from frying pan and drain olive oil. Melt 1 stick of margarine and add sherry. Heat to a glaze. To this add 1/4 cup chopped or slivered almonds and 1/3 cup of sliced green olives and marinated raisins, then put pheasant back in pan and simmer at low heat for 45 minutes to an hour.

Jack Ehresman
Peoria Journal Star

SEVEN-MINUTE MALLARD

If you enjoy fine rare or medium beef steak you'll love this recipe and swear it's porterhouse.

Filet the breast meat off the keel bone of a plump mallard. Melt a small amount of butter and shake in a few squirts of Worcestershire sauce. Turn your stove oven to broil (as high as it will go). Put the filets on the broiler, salt, pepper and baste with mixture. When heat is ready, sizzle 1 side for 4 minutes. Quickly turn over the breasts, baste again and cook for 3 more minutes. Serve on special heated steak plates sizzlin.

Jack Ehresman
Peoria Journal Star

WILD RICE SIDE DISH

Take a box of wild rice (14 ounces or so) and prepare it by boiling water and pouring it over the rice. Pour off after it cools off and add more hot water. Repeat this 3 times or until the rice blossoms and opens. While this is happening, take a pound of bacon, dice and fry it. Pour off the grease and add diced onions and chopped green pepper. One can also add celery or mushrooms. Saute until vegetables become tender, but not overdone. Add wild rice and serve immediately while piping hot and after seasoning to your taste with salt and pepper. Wild rice isn't cheap but it's delicious. It also can be thinned a bit by adding Uncle Ben's long grain and wild rice mix.

Jack Ehresman
Peoria Journal Star

BARBEQUE BEEF

2 1/2 to 3 lb. chuck roast
1 large onion, chopped
1/2 c. celery, diced
2 Tbsp. vinegar
2 Tbsp. brown sugar
4 Tbsp. lemon juice
1 c. catsup
3 Tbsp. Worcestershire sauce
1 tsp. chili powder
1 1/2 c. water

Trim fat from roast and place in crock-pot or large saucepan. Place onion and celery on top of meat. Combine remaining ingredients and pour over meat. Cover and simmer until beef is very tender (8 hours in crock-pot, 3 hours on stove top). Remove meat from pan. Remove fat and bone. Shred meat while still hot. Return meat to sauce. Serve on hamburger buns. Makes 10 to 12 buns. Can be frozen.

Dorothy Sinclair, Council Woman
Peoria

CORN STICKS

1 egg
3/4 c. soured milk*
1/4 tsp. soda
1/4 c. flour
3/4 c. corn meal
1/2 tsp. sugar
1 1/2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. cooking oil

Beat egg slightly; add remaining ingredients and mix well. Preheat corn stick pan in a 450° oven. Grease pan with melted margarine. Spoon batter into greased pan so that pan indentations are almost full. Bake in a 450° oven until well set and slightly brown. Serve piping hot. Makes 10 to 12 sticks. Can be frozen and reheated in microwave oven.

*Sour milk by adding 2 tablespoons vinegar to 3/4 cup milk.

Dorothy Sinclair, Council Woman
Peoria

PETTI DE PALO MIMOSA

(Chicken)

4 chicken breasts (each breast makes 4 small servings), boned
4 Tbsp. margarine
1 egg, beaten with 1 Tbsp. water
1/2 c. flour
1 pkg. thin sliced pastrami or ham
1 pkg. sliced Mozzarella cheese
1 pkg. chicken gravy
1 to 2 Tbsp. cooking sherry
1 pkg. vermicelli or wild rice

Place chicken breasts between wax paper and pound (I use rolling pin) them to tenderize. Brown in oleo after dipping between egg and flour. Place in casserole dish and on each piece place 1 thin slice of pastrami or ham and 1 small slice of Mozzarella cheese. Make 1 package of chicken gravy and add 1 to 2 tablespoons sherry. Pour over chicken. Bake at 375° for 20 to 30 minutes or until cheese is slightly brown.

Serving Suggestions: Serve on vermicelli or wild rice. Excellent with French bread, green salad and wine.

Tom Mikulecky, City Manager
Peoria

NATURE BREAD

2 pkg. active dry yeast
2 1/4 c. lukewarm water (105° to 111°)
1 c. raisins
3/4 c. wheat germ
3/4 c. shredded carrots
3/4 c. dry milk
1/3 c. molasses
1/3 c. oil
3 Tbsp. sugar
1 Tbsp. salt
2 1/2 c. whole wheat flour
3 1/2 to 4 c. flour
melted butter

Dissolve yeast in water in large bowl. Stir in raisins, wheat germ, carrots, dry milk, molasses, oil, sugar, salt, whole wheat flour and 1 cup flour. Beat vigorously with wooden spoon 1 minute. Stir in about 1 1/2 cups flour to make a stiff dough. Turn out on floured surface. Knead until smooth and elastic, working in additional flour about 10 minutes. Place in well buttered bowl, brush top with butter. Cover; let rise in warm place until double in bulk, about 2 hours. Punch down; divide in half. Roll each portion into 8 x 12 inch rectangle. Roll up starting at short end. Tuck ends under and seal. Place in 2 buttered 8 1/2 x 4 1/2 x

2 1/2-inch loaf dishes. Cover. Let rise about 1 1/2 hours, until double in bulk. Bake at 350° for 30 to 40 minutes or until loaves sound hollow when tapped. Remove from dishes; cool on wire rack. Makes 2 loaves.

Tom Mikulecky, City Manager
Peoria

BREAKFAST

Bowl of cooked oatmeal, topped with walnuts, date cubes and goats milk.

Chaunce Conklin
Conklin Dinner Theatre

POUND CAKE

2 1/4 c. flour
2 sticks butter
3 c. sugar
3 eggs
1/2 tsp. baking soda
1/2 tsp. salt
1 Tbsp. vanilla
8 oz. carton sour cream

Combine all ingredients. Blend on low until mixed. Beat on medium for 3 minutes. Pour into greased and floured Bundt pan. Bake 1 hour at 350°. Couldn't be easier. Taste great!

Alice Hout, WHOI TV

RUM CAKE WITH CHOCOLATE CREAM CHEESE ICING

1 pkg. yellow cake mix
1/3 c. light rum

Icing:

2 pkg. (8 oz. each) cream cheese (softened)
2 sticks butter
3/4 lb. white chocolate, melted and cooled
1 Tbsp. light rum

Prepare cake mix according to package directions substituting 1/3 cup rum for 1/3 cup water. Divide batter equally among 3 greased and floured 9-inch round cake pans. Bake about 23 minutes at 350°. Cool on racks. Drizzle layers with additional rum.

Beat cream cheese until fluffy. Gradually beat in chocolate and butter until consistency of whipped cream. Fill and frost cake using a cup of icing between layers. Enjoy!

Alice Hout, WHOI TV

LEMON CHICKEN CASSEROLE

1 egg	1/4 c. olive oil
1 1/2 tsp. milk	1/3 c. chicken broth
1/8 tsp. salt	2 Tbsp. dry white wine
1/8 tsp. pepper	1 to 2 Tbsp. fresh lemon juice
1 clove garlic, crushed	1/4 c. freshly grated Parmesan cheese
4 skinless, boneless chicken breast halves	
1 c. bread crumbs	

In shallow dish, stir together egg, milk, salt, pepper and garlic. Pound chicken breasts with mallet to flatten, then dip in egg mixture and roll in bread crumbs. In large skillet, heat olive oil over medium heat; add chicken, turning once until golden brown. Drain on paper towels. Arrange chicken in rectangular baking dish.

In small mixing bowl, combine chicken broth, wine and lemon juice. Pour over chicken. Sprinkle with cheese. Cover and bake in preheated 350° oven for 25 minutes. Uncover and bake 10 additional minutes.

Fraser Engerman, WEEK TV

SWEET AND SOUR MEATBALLS

1 lb. ground beef	1/4 c. orange juice
1 (12 oz.) jar chili sauce	few squirts of fresh lemon juice
1/2 to 3/4 c. grape jelly	

Season meat as you wish and form into balls. Drop balls in sauce (all ingredients, except meat) and simmer about 30 minutes. Remove balls and refrigerate sauce and meatballs overnight, then you can easily remove hardened fat the next day from sauce.

Fraser Engerman, WEEK TV

SOURDOUGH BISCUITS

Starter:

1 pkg. yeast	1 c. flour
1 c. warm water	

In a Mason jar, put yeast and water, stir until dissolved. Stir in flour until smooth. Cover with paper towel and let stand at room temperature for 24 to 48 hours, then feed (see Feed the Culture). Put in refrigerator and let stand 24 more hours, then use.

Feed The Culture: Keep 1 cup of culture on hand at all times and feed every 7 to 10 days. For each cup of culture add 1 cup flour, 1 cup milk and 1/4 cup sugar. Do not use for 24 hours. Keep refrigerated.

Sourdough Biscuits:

1 c. flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. baking soda
1 c. Culture
1/3 c. Crisco oil

Mix and pour on floured surface. Knead 3 to 4 times, pat out to desired thickness and cut into biscuits. Bake at 450° for 15 to 20 minutes. Yields 1 dozen.

Kathy Wyman, WEEK TV

PECAN PIE

1 c. brown sugar
1 Tbsp. flour
2 eggs
2 Tbsp. milk
1 c. chopped pecans
uncooked pie shell
1/2 c. granulated sugar
1 tsp. vanilla
1 stick melted oleo

Melt oleo, then add both sugars and rest of the ingredients except pecans and pie shell. Fold in pecans and mix this by hand. Pour into uncooked pie shell. Bake at 375° for 40 to 50 minutes.

Kathy Wyman, WEEK TV

SPINACH SALAD

1 lb. fresh spinach
6 green onions, sliced thin
4 hard-cooked eggs, chopped
8 crisply cooked bacon slices, crumbled
dash of pepper

Dressing:

1 clove garlic, quartered
1/2 c. salad oil
1/2 tsp. salt
3 Tbsp. fresh lemon juice
1/4 c. cider vinegar

Wash spinach, remove stems, break into bite-size pieces. In salad bowl, lightly toss spinach with onions, eggs, bacon and pepper. Refrigerate, covered, about 2 hours. Pour dressing over salad; toss. Serve at once.

Dressing: Mince garlic, combine with oil, marinate 1 hour; add salt. Mix lemon juice and vinegar, gradually add to oil; beat well.

Jerry Klein
Peoria Journal Star

<<< Extra Recipes >>>

Appetizers, Relishes & Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.

16 Stilton cheese moistened with Port wine.

17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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VEGETABLE DIP

1 (8 oz.) pkg. cream cheese
1/2 c. mayonnaise or salad dressing
2 tsp. chopped dill weed (fresh or dried)
2 tsp. parsley flakes, chopped
2 tsp. celery salt
2 green onions, chopped

Mix all ingredients together in a blender. Serve with fresh vegetables.

Joanie Robinson

SPINACH DIP

1 box chopped frozen spinach
1 (16 oz.) sour cream
2 c. Hellmann's mayonnaise
1 pkg. Miss Knorr vegetable soup mix

Mix ingredients. Place in hollowed out Hawaiian loaf.

Deb Beschorner

CHEESE DIP

1 stick butter
1 small onion
1 can (2 c.) stewed tomatoes, drained and chopped
1 small can chopped green chillies
1 lb. Velveeta cheese

Mix all ingredients and melt.

Deb Beschorner

MICROWAVE CHEESE DIP

1 (8 oz.) pkg. cream cheese
1 (5 oz.) jar Old English cheese spread
1/3 c. beer
1 Tbsp. green onion tops or chives
1/2 tsp. horseradish
1/4 tsp. dry mustard

In 1 quart casserole, combine cheeses and microwave 1 minute until softened. Beat in other ingredients. Heat 4 to 4 1/2 minutes until thoroughly heated. Stir before serving. Makes 1 3/4 cups.

Pam Monk

IMPOSSIBLE QUICHE TARTS

3/4 c. dairy sour cream
1/2 c. Bisquick baking mix
1/2 c. milk
2 eggs
1/2 tsp. Worcestershire sauce
2/3 c. shredded Cheddar cheese
1/3 c. chopped salami
2 Tbsp. sliced green onion

Beat sour cream, baking mix, milk, eggs and Worcestershire sauce until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Spoon about 2 tablespoons into greased muffin cups. Mix remaining ingredients; sprinkle 1 tablespoon over batter in each cup. Bake in a 400° oven until knife inserted in center comes out clean, 12 to 15 minutes. Loosen sides of tarts from pan, remove from pan. Refrigerate any remaining tarts. Makes 18 appetizers.

Nancy Price

BROCCOLI CHEESE APPETIZERS

2 c. Bisquick
1/2 c. water
1/4 tsp. ground oregano
1 egg
2 c. finely chopped, cooked broccoli
1 3/4 c. shredded Cheddar cheese
1/4 tsp. paprika

Heat oven to 375°. Grease square pan, 9 x 9 x 2-inches. Mix Bisquick, water and oregano until dough forms. Turn onto surface dusted with Bisquick. Gently roll in Bisquick to coat. Knead 50 times. Divide dough into halves. Roll each half into 9 inch square. Place 1 square in pan. Beat egg slightly, reserve 1 tablespoon. Mix remaining egg, broccoli and 1 1/2 cups of cheese. Spread over square in pan. Place remaining square over broccoli mixture, stretching to edges of pan if necessary. Brush with reserved egg. Bake until edges are light golden brown and cheese is almost melted, 25 to 30 minutes. Cut into 1 1/2 inch squares. Cool 10 minutes; remove from pan. Mix remaining cheese and paprika; sprinkle over top.

Nancy Price

CHEESE CRISPIES

2 sticks margarine (softened)
2 c. shredded Cheddar cheese
2 c. flour
2 c. Rice Krispies

Preheat oven to 375°. Blend margarine and cheese; add flour and mix well. Fold in Rice Krispies. Roll mixture into small balls and place on ungreased cookie sheet; flatten with fork (will spread slightly). Bake 10 minutes.

Will not be brown. Will freeze well. Place wax paper between layers.

Pam Monk

PUPPY CHOW

1 stick butter
12 oz. pkg. chocolate chips
1 c. peanut butter
1 box Crispix cereal
2 c. powdered sugar

Melt butter, chocolate chips and peanut butter; stir. Pour over Crispix cereal, stir and let sit until almost dry. Put powdered sugar in large brown paper bag; add cereal mixture. Shake until coated. This may be kept in freezer too.

Shirley Skinner

PUPPY DOG CHOW

1 box Chex cereal
1/2 box Corn Pops cereal
1 (12 to 16 oz.) Planters cocktail peanuts
1/2 c. margarine
1 c. peanut butter
8 oz. chocolate chips
2 1/2 c. powdered sugar

Melt margarine, peanut butter and chocolate chips. Pour over dry cereals and peanuts; mix well. Put powdered sugar in brown paper sack. Add cereal mixture and shake well. Freeze for a few hours.

Joanie Robinson

CARAMEL CORN

1 c. brown sugar
1 stick butter
1/4 c. syrup
1 tsp. salt
3 to 4 qt. popped popcorn

Cook in microwave until boiling, then cook 2 minutes more on full power. Put popped corn in brown paper bag. Add 1/2 teaspoon baking soda to caramel. Pour caramel over popped corn in bag. Shake well and cook 1 1/2 minutes in microwave, take out and shake well again. Cook 1 1/2 minutes more in microwave. Pour caramel corn out on flat surface to cool.

Shirley Skinner

POPCORN CRUNCH

popcorn	pretzel sticks
Cinnamon Toast crunch cereal	

Use 1 large bowl of popped popcorn, 2 or 3 cups of Cinnamon Toast crunch cereal and 2 or 3 cups of pretzels; mix together. Enjoy!

Chris Hawksworth

RHUBARB JAM

4 c. rhubarb	1 pkg. strawberry, cherry or raspberry jello
4 c. sugar	

Boil rhubarb and sugar 10 minutes; add jello. Pour into jars.

Eunice Stenger

APPLE BUTTER

7 c. applesauce (unsweetened), thin	1/2 tsp. cloves
3 1/2 c. sugar	8 whole cloves
1 tsp. cinnamon	4 or 5 cinnamon sticks

Combine all ingredients. Cook about 1 hour after mixture is heated. Cool 1 teaspoon, if forms scum it is done. Pour into jars. Can be frozen.

Eunice Stenger

SMOKIES APPETIZERS

2 lb. little smokies	1 medium jar apricot preserves

Put little smokies and preserves in fondue pot; heat. Serve with toothpicks.

June Agee

VEGETABLE DIP

2 tomatoes
1/2 green pepper
1 medium bottle Green Goddess
8 oz. shredded Mozzarella cheese
8 to 10 green onion tops
8 oz. shredded Cheddar cheese
8 to 10 drops Tabasco sauce (optional)

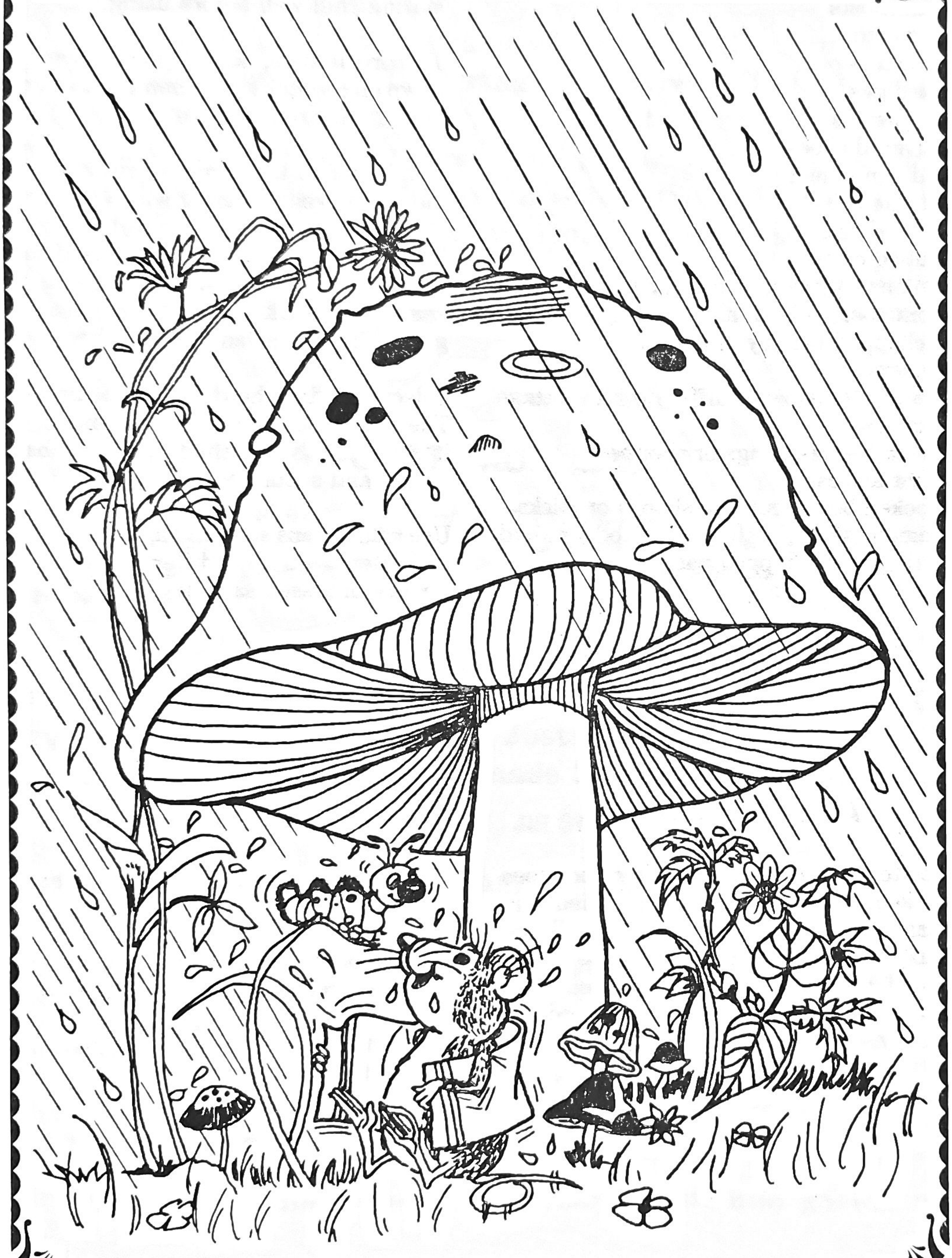
Chop vegetables and mix all together. Serve with chips.

Deb Beschorner

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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BIG GREEN GARLIC SALAD

2 heads lettuce
1 red onion
1 head cauliflower
1 (16 oz.) jar Hellmann's mayonnaise
1 (16 oz.) carton sour cream
1 c. grated Parmesan cheese
2 Tbsp. granulated garlic
1 box Brown Berry Caesar salad croutons

Rinse and pat dry 2 heads of lettuce. (Be sure lettuce is dry.) Slice onion in thin rings. Toss with lettuce. Tear up cauliflower and add to lettuce. Mix together mayonnaise, sour cream, Parmesan cheese and garlic. Let sit overnight. Just before serving, add croutons to lettuce. Take 1/2 the mayonnaise mixture and start tossing with lettuce. Add mayonnaise mixture until all lettuce is covered. Mayonnaise mixture can be refrigerated up to 2 weeks and used for tossed salad.

Sandy Haglund

APRICOT FRUIT SALAD

1 large can peach slices
1 large can pears
1 large can pineapple chunks
2 bananas, sliced
1 (10 oz.) pkg. frozen strawberries, thawed
1 (21 oz.) can apricot pie filling

Drain all fruits well. Slice pears, combine peaches, pears and pineapple in bowl. Add strawberries and pie filling; mix well. Refrigerate. Just before serving, add bananas. This recipe is best if made 24 hours before serving.

Jill Sherman

GARDEN PASTA SALAD

1 c. Miracle Whip (light calorie)
1/4 c. chopped parsley
1 tsp. dried basil leaves, crushed
1 garlic clove, minced (optional)
2 c. broccoli flowerets, cooked
1 (8 oz.) pkg. Cheddar cheese, cubed
1 c. (4 oz.) corkscrew noodles, cooked and drained
2 medium tomatoes, cut into thin wedges

Combine salad dressing, parsley, basil and garlic; mix well. Mix broccoli and noodles. Arrange tomatoes on platter, top with pasta salad.

Eunice Stenger

BING CHERRY SALAD

- 1 (No. 2) can Bing cherries
- 1 can pineapple chunks, drained
- 1 1/2 c. marshmallows (large ones, cut up)
- 1 c. cherry juice (from cherries)
- 1 large pkg. Philadelphia cream cheese
- 1 c. whipping cream or substitute

Cream the cream cheese and add cherry juice; blend. Add marshmallows and whip cream; fold in fruit and whipped cream. Chill overnight.

M. E. Freeman

CARROT SALAD

- 2 lb. carrots, sliced thin
- 1 medium onion, sliced
- 1 green pepper, chopped

Dressing:

- 1 can tomato soup
- 1/2 c. vinegar
- 1 Tbsp. prepared mustard
- 1/4 tsp. pepper
- 1/2 c. salad oil
- 1 c. sugar
- 1 Tbsp. Worcestershire sauce

Cook carrots in salted water until done. Drain and cool; add onion and pepper.

Mix all dressing ingredients and pour over salad. Store in refrigerator overnight. Keeps well.

Eunice Stenger

CIRCUS PEANUT SALAD

- 2 small boxes orange flavor gelatin
- 25 circus (marshmallow) peanuts
- 3 c. boiling water
- 1 can (No. 2 size) crushed pineapple, drained
- 1 large bowl whipped topping

Stir gelatin and marshmallow peanuts in boiling water until dissolved. Let set to chill until almost firm. Drain pineapple and fold it and the whipped topping into gelatin mixture. Refrigerate until firm.

Joanie Robinson

CORN SALAD

2 cans white corn
3/4 c. unpeeled cucumber
1/4 c. diced onions
2 small tomatoes, chopped
1/4 c. sour cream
2 Tbsp. mayonnaise
1 Tbsp. vinegar
1/4 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. celery seed

Blend dressing and mix with vegetables. Chill.

Sandy White

GARDEN MACARONI SALAD

1/2 c. salad dressing
1 c. elbow macaroni, cooked and drained
1 c. ham or salami cubes
1 c. carrot slices
1 c. chopped cucumber
2 Tbsp. chopped onion
1/2 tsp. salt

Combine ingredients; mix lightly. Chill several hours or overnight. Makes 4 to 6 servings.

Jill Sherman

HOT TURKEY SALAD

2 c. cubed, roasted turkey
2 c. chopped celery
1/2 c. chopped blanched almonds
1/3 c. chopped green pepper
1 tsp. salt
2 Tbsp. chopped pimiento
2 Tbsp. chopped onion
2 Tbsp. lemon juice
1/2 c. mayonnaise
sliced Swiss cheese
buttered cracker crumbs

Combine all ingredients, except cheese and crumbs. Put into buttered 1 1/2 quart casserole or baking dish. Top with slices of Swiss cheese and sprinkle buttered crumbs over cheese. Bake at 350° for 30 minutes. Makes 6 servings.

Deb Beschorner

JAMBALAYA SALAD

1/2 c. Miracle Whip
1/2 tsp. crushed thyme
1/8 tsp. red pepper
1 clove garlic, minced
2 c. cooked rice
1 c. chopped tomato
1 (6 oz.) pkg. tiny frozen, cooked shrimp, thawed
1/2 c. ham cubes
1/2 c. green pepper, chopped
1/4 c. onion, chopped
6 slices crisp cooked bacon, crumbled

Combine Miracle Whip, seasonings and garlic; mix well. Add remaining ingredients, except bacon; mix lightly. Cover and chill. Add bacon just before serving; mix lightly. Serves 4 to 6.

Rita Moore

JELLO SALAD WITH CREAM CHEESE TOPPING

2 pkg. lime, orange or lemon Jell-O
1 1/2 c. boiling water
1 can chunk or crushed pineapple, drained

Topping:

1 (8 oz.) pkg. cream cheese (softened)
1/4 c. salad dressing
1 1/2 c. Cool Whip
1 c. small marshmallows
1 small can mandarin oranges

Mix Jell-O and water. Set with ice cubes. Add pineapple.

Mix cream cheese and salad dressing. Fold in Cool Whip, marshmallows and oranges. Can use fruit cocktail or grapes in place of oranges.

Eunice Stenger

PINEAPPLE JELLO SALAD

1 pkg. lemon or orange Jell-O (small pkg.)
1 1/2 c. water
3 Tbsp. vinegar
3 Tbsp. sugar
1 c. crushed pineapple
1 pkg. Dream Whip
1/2 c. grated Cheddar cheese

Mix Jell-O, water, vinegar and sugar. Put in refrigerator to set, about 1 hour. Prepare Dream Whip according to package directions. Beat into Jell-O mixture, add cheese. Chill until set.

Pam Monk

SHRIMP MACARONI SALAD

1 lb. cooked shrimp
2 c. cooked shell macaroni
1 c. sliced celery
1 c. raw cauliflower, broken into bits
1/4 c. chopped sweet pickles
1/2 to 3/4 c. mayonnaise
3 Tbsp. Italian or French dressing
1 Tbsp. lemon juice
1 tsp. grated onion
1 tsp. salt
1/4 tsp. pepper
salad greens

Marinate shrimp for 1 to 2 hours in dressing. Add other ingredients and toss lightly. Chill. Arrange on crisp salad greens. Garnish with egg slices, parsley or olives.

Kathy McBroom

MARINATED SPRING GARDEN SALAD

1/2 c. vinegar
1 c. sugar
1/2 tsp. pepper
1 tsp. salt
1/4 c. oil
1 Tbsp. juice from peas
1 can LeSueur new peas, drained
1 can Shoe Peg (white) corn, drained
1 jar chopped pimento, drained
1 medium onion, finely chopped
1 c. green pepper, finely chopped
1 c. celery, finely chopped

Mix vinegar, sugar, pepper, salt, oil and juice from peas together in a saucepan. Bring to a boil over medium heat, stirring frequently. Boil 1 minute, remove from heat and let cool completely. Place remaining ingredients in large bowl and pour marinade sauce over vegetables. After sauce is cooled, mix thoroughly and chill overnight before serving.

Diane C. Willis

SPINACH AND MUSHROOM SALAD

10 oz. pkg. fresh spinach, torn into pieces
4 slices bacon, fried and crumbled
1 lb. fresh mushrooms, sliced thin
3 Tbsp. red wine vinegar
1/2 c. oil
2 tsp. soy sauce
1/4 tsp. pepper

Arrange spinach, bacon, onions and mushrooms in a large bowl. Mix remaining ingredients, pour over salad and toss. Chill. Serves 6.

Diane C. Willis

SKROODLE NOODLE SALAD

1 pkg. (12 oz.) spiral pasta
1 1/4 c. pitted olives, sliced
1 c. chopped red or green pepper
1/4 lb. hard salami, cut into thin strips
1 small red onion, cut into rings
1/2 c. grated Parmesan cheese
1/4 c. finely chopped parsley
3/4 c. Wish-Bone Italian dressing

Cook pasta according to package directions. In large bowl, combine olives, pepper, salami, onion, cheese, parsley and dressing. Add pasta and toss well. Serve at room temperature or chill.

Deb Beschorner

SPAGHETTI SALAD

1 lb. spaghetti, broken into thirds
1/2 tsp. Salad Supreme
1 (16 oz.) Zesty Italian dressing
1 green pepper
1 onion
2 to 3 tomatoes, chopped

Cook spaghetti and mix with other ingredients. Best if refrigerated overnight.

Deb Beschorner

SPRING SALAD

1 large can chunk pineapple
1 pkg. miniature colored marshmallows
1 2/3 c. powdered sugar
1/2 pt. whipping cream
1 c. Miracle Whip
8 oz. Philadelphia cream cheese

Mix pineapple, marshmallows and sugar and let stand 2 hours. Fold together whipping cream, Miracle Whip and cream cheese. Pour over other ingredients. Refrigerate overnight.

Deb Beschorner

TACO SALAD

2 lb. hamburger, browned
1 large can Brooks beans
2 pkg. taco sauce
lettuce
tomatoes, chopped
shredded cheese
crushed taco chips

Mix hamburger, beans and taco sauce. Layer lettuce, tomatoes, cheese and taco chips. Pour 1st mixture over 2nd.

Deb Beschorner

TAFFY APPLE SALAD

1 (8 oz.) can crushed pineapple
1 Tbsp. flour
2 Tbsp. vinegar
1 egg
1/2 c. sugar
4 c. chopped apples with peels
8 oz. Cool Whip
1 c. chopped peanuts

Drain pineapple. Combine juice, egg, flour, sugar and vinegar. Cook until thick. Cool thoroughly, mix with apples, coating them well. Add pineapple, Cool Whip and 3/4 cup peanuts; mix well. Put in dish and top with remaining peanuts.

Farrell Hallmann

BROCCOLI SOUP

1/2 lb. Velveeta cheese
2 cans cream of mushroom soup
3 c. milk
1 stick margarine
1 Tbsp. flour
1/8 tsp. pepper
1 to 1 1/2 c. cooked broccoli

Add ingredients together including the water the broccoli was cooked in. At serving time garnish with shredded or diced cheese.

Marjorie White

CHEESE SOUP

4 chicken bouillon cubes
1 qt. water
1 c. diced celery
1 c. diced onion
2 1/2 c. cubed raw potatoes
1 c. diced carrots
1 large bag frozen, diced vegetables
2 cans cream of chicken soup
1 lb. cubed Velveeta cheese

Cook bouillon cubes, water, celery and onion for 20 minutes with lid on pan. Add potatoes, carrots and frozen vegetables. Cook until tender. Add soup (undiluted) and Velveeta cheese. Stir until cheese melts. Makes approximately 4 quarts.

Pat Dougherty

FRENCH ONION SOUP

3 large yellow onions, sliced thin
1/4 c. margarine
2 (10 oz.) cans Campbell's beef consomme
1/2 can water
2 Tbsp. sugar
2 Tbsp. flour
2 Tbsp. grated Parmesan cheese
3/4 tsp. salt
dash of pepper
1 tsp. Worcestershire sauce
shredded Mozzarella cheese
croutons or cubed onion rolls

Saute onions in margarine for 20 minutes. Transfer to crock-pot and add all ingredients, except Mozzarella cheese and croutons. Cover, cook on low for 8 to 10 hours. Put soup in bowls, add a handful of croutons or onion rolls. Spread Mozzarella cheese on top and place under broiler until cheese melts.

Jan Ziegler

KINEBEC SOUP

1 pkg. mixed beans
1/2 c. chopped onion
1/2 c. chopped celery
1 clove garlic, minced
4 bouillon cubes (any flavor, I like beef)
1 small can tomatoes, chopped
1 to 2 pinches dill weed
salt and pepper to taste
1 small can tomato paste
1/2 c. green pepper
small amount of pasta

Soak beans overnight or bring to boil and soak 2 to 3 hours; drain. Add 2 1/2 quarts water and add remaining ingredients, except tomato paste, green pepper and pasta. Cook for 2 1/2 hours. Add rest of ingredients. Cook for additional 1/2 hour. Great next day. Freezes well. (Try a few drops of Tabasco sauce.)

Kathy McBroom

LENTIL SOUP

1 lb. lentils (picked over)
1 bay leaf
1/8 tsp. garlic powder
1/8 tsp. salt
1/8 tsp. dry mustard
1/8 tsp. cinnamon
1/8 tsp. cloves
1/8 tsp. nutmeg
2 large onions, chopped
1 Tbsp. Worcestershire sauce
1/8 tsp. ginger
1/8 tsp. savory
1/8 tsp. thyme
5 c. water
2 c. tomato juice
1 (15 oz.) can tomato sauce
3 Tbsp. molasses
12 to 16 oz. Polish sausage
2 Tbsp. catsup
1 Tbsp. brown sugar

Cook lentils, spices, water, tomato juice, tomato sauce and molasses in covered pot until lentils are softened (30 minutes). Meanwhile, brown sausage in skillet; add onions, cook until wilted. Add meat and onions to lentil mixture, stir in remaining ingredients. Simmer 5 to 10 minutes. Serve with black bread and red wine.

Farrell Hallman

MANHATTAN CLAM CHOWDER

- 1/4 c. diced bacon
- 1/4 c. minced onion
- 2 c. (7 oz.) minced clams, drained (reserve liquid)
- 2 c. diced pared potatoes
- 1 c. water
- 1/3 c. diced celery
- 1 can (16 oz.) tomatoes
- 2 tsp. snipped parsley
- 1 tsp. salt
- 1/4 tsp. thyme
- 1/8 tsp. pepper

In large saucepan, cook and stir bacon and onion until bacon is crisp and onion is tender. Stir in reserved clam liquid, the potatoes, water and celery. Cook, uncovered, until potatoes are tender, about 10 minutes. Add clams, tomatoes and seasonings. Heat to boiling, stirring occasionally.

Deb Beschorner

QUICK CLAM CHOWDER

- 1 qt. clams with liquid
- 3 c. water
- 2 slices salt pork, chopped
- 1 medium onion, sliced
- 2 medium potatoes, cubed
- 3 Tbsp. butter
- 1 3/4 c. half and half
- 1 tsp. salt and pepper to taste

Bring to a boil clams, liquid and water. Fry salt pork and onion until tender. Add to clam broth and potatoes. Cook until tender. Stir in remaining ingredients. Heat but don't boil.

Mac McBroom

VEGETABLE PIZZA

- 2 large pkg. crescent rolls
- 2 (8 oz.) pkg. cream cheese
- 3/4 c. Miracle Whip
- 3/4 tsp. garlic powder
- 3/4 tsp. dill weed
- 1 pkg. Ranch party dip

Pat crescent rolls onto pizza pan and pinch edges. Bake until light brown, about 12 minutes at 400°. Cream all other ingredients together, spread over cooled crust. Top with any raw vegetables. Finish topping with shredded Cheddar cheese. Refrigerate overnight.

Joanie Robinson

GARDEN PIZZA

2 pkg. crescent rolls
1 c. mayonnaise
2 (8 oz.) cream cheese (softened)
1 tsp. dill weed
1 Tbsp. season salt
1 small onion, minced
carrots, green pepper, broccoli, cauliflower, celery and tomatoes
fancy shredded Mozzarella and Cheddar cheese

Press and bake rolls in a 12 x 18-inch cookie sheet at 375° for 10 to 12 minutes. Let cool. Blend cream cheese, mayonnaise, dill weed, salt and onion. Spread on top of roll layer. Cut up vegetables and spread on top. Sprinkle with cheeses.

Peggy Bateman

BEER SALAD DRESSING

1 1/2 c. salad oil
1 c. beer
1 Tbsp. Worcestershire sauce
2 cans (10 3/4 oz.) condensed tomato soup
1 small onion, grated
1 large clove garlic, mashed
1 Tbsp. sugar
2 tsp. salt
1 Tbsp. prepared horseradish

Combine all ingredients in a bowl and beat until well blended. Chill until ready to serve. Beat again just before serving.

E. Zeman

ITALIAN DRESSING

3/4 c. sugar
3/4 c. vinegar (white)
1/2 c. oil
2 tsp. salt
1/8 tsp. pepper
2 garlic cloves, crushed or 1 tsp. garlic salt

Mix all ingredients together.

Eunice Stenger

THOUSAND ISLAND DRESSING

1/2 c. mayonnaise
1 Tbsp. chili sauce
1 Tbsp. chopped stuffed olives
1 tsp. minced chives
1 hard-cooked egg, chopped
1/4 tsp. paprika
salt and pepper to taste

Mix altogether.

Nancy Price

FAIRVIEW FARMS SALAD DRESSING

1 qt. Miracle Whip
1 c. oil
1 c. tomato juice
2 c. sugar

Combine all ingredients together; mix well.

Eunice Stenger

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Main Dishes

Common Kitchen Pans to Use as Casseroles

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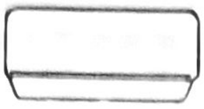

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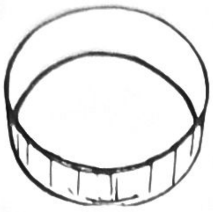

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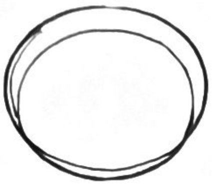

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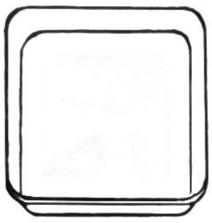

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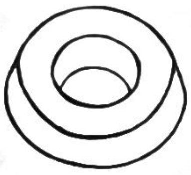

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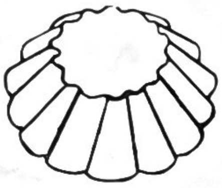

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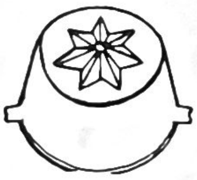

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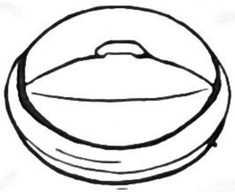

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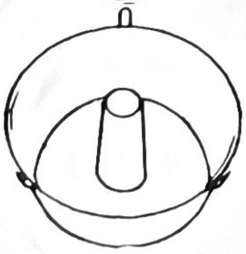

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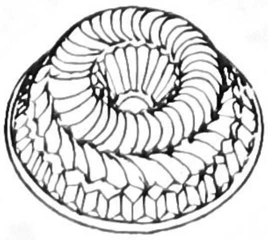

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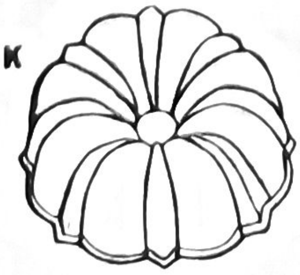

WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 11½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:	
7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups
Melon Mold:	
7 x 5½ x 4-inch mold - H	6 cups
Spring-Form Pans:	
8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups
Ring Molds:	
8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups
Charlotte Mold:	
6 x 4¼-inch mold -G	7½ cups
Brioche Pan:	
9½ x 3¼-inch pan -F	8 cups

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5 ONION CHICKEN

1/2 c. leeks, chopped fine (white part only)
1/2 c. onions, chopped fine
1/4 c. shallot, chopped fine
2 cloves garlic, chopped fine
1/4 c. scallions, chopped fine
1 bay leaf
1 whole chicken (may be cut into parts)
1 c. white wine
1/2 c. chicken broth
2 Tbsp. butter
salt and pepper
1 tsp. chopped parsley

Lightly brown chicken in 2 tablespoons butter. Remove from skillet. Place all onions in pan drippings after browning chicken. Lightly saute onions. Remove from heat and place in roasting pan. Add bay leaf, parsley, chicken, chicken stock and white wine. Place in a 300° oven until liquid is reduced by 1/2, approximately 1 hour.

C. Sharp

GARLIC CHIP CHICKEN

1 c. crushed potato chips
1 tsp. paprika
1/3 c. margarine
1 tsp. garlic or onion salt
1/4 tsp. pepper
1 (3 lb.) chicken, cut up

Mix potato chips and paprika. Heat margarine, garlic or onion salt and pepper in saucepan until margarine is melted. Dip chicken into margarine mixture, then into potato chip mixture. Place chicken, skin side up, in ungreased rectangular pan (9 x 13-inch). Pour any remaining margarine mixture over chicken. Bake, uncovered, in a 400° oven until thickest pieces are done, 50 to 60 minutes. Makes 6 to 7 servings.

Jill Sherman

CHICKEN ITALIANO

1/2 c. Italian dressing
3 lb. chicken pieces

In large shallow baking dish, pour Italian dressing over chicken. Cover and marinate in refrigerator, turning occasionally, 4 hours or overnight. Remove chicken, reserving marinade. Grill or broil, turning and basting frequently with reserved marinade or until done. Makes about 6 servings.

Variation: Use 3 pounds London Broil or chuck steak.

Jill Sherman

CHICKEN LINGUINI

1 lb. linguini
1 to 1 1/2 whole chicken
2 c. chicken broth
1 pt. whipping cream
1 lb. Velveeta

Boil and drain linguini. Boil or microwave chicken. Remove skin and debone. Combine broth, cream and Velveeta, heat until cheese is melted. Add chicken and heat until it starts to thicken. Right before serving, add linguini and slivered almonds, if desired.

Helen Imes

CHICKEN TETRAZZINI

3 lb. hen
1/4 lb. egg noodles (wide)
2 Tbsp. melted butter
1/2 lb. fresh mushrooms
1/2 tsp. salt
several slivers garlic
additional salt, pepper and cheese
2 c. water
1 tsp. salt
2 Tbsp. Parmesan cheese
2 Tbsp. butter
dash of pepper
Sauce (recipe follows)

Cook chicken in water. Remove meat from bones. Cut into thin slices, save chicken stock. Cook noodles in unsalted water until crispy-tender, but not too soft. Rinse noodles in cold water and drain. Pour noodles into bowl and season with 1 teaspoon salt. Combine melted butter, Parmesan cheese and 1 cup of sauce; set aside. Saute mushrooms in 2 tablespoons butter for 5 minutes. Season with 1/2 teaspoon salt, pepper and slivers of garlic and continue to cook a few minutes. Using a 10 x 13-inch buttered dish, put in noodle mixture, then mushroom mixture and a little sauce. Add chicken; season with salt and pepper. Add rest of sauce. Sprinkle top with Parmesan cheese. Bake at 350° for 30 minutes, then broil about 5 minutes until golden brown.

Chicken Tetrazzini Sauce:

1/4 c. melted butter
1/3 c. sifted flour
1 1/2 tsp. salt
2 c. warm coffee cream
1 c. warm chicken stock
2 Tbsp. Sauterne wine

Blend flour into melted butter. Gradually add cream and stock, stirring constantly. Cook until thick and smooth adding salt and wine toward end.

Nancy Price

HAM CASSEROLE

2 c. cubed boneless ham
1 c. frozen green peas, thawed and drained
2 c. cooked rice
3/4 c. chopped onion
2 Tbsp. chopped pimento
1 can Cheddar cheese soup
1/2 c. milk
pepper to taste

Combine all ingredients and spoon into casserole dish. Cover and bake at 350° for 30 minutes. Serves 4.

Diane C. Willis

LASAGNA

1/2 lb. lasagna
2 lb. bulk Italian sausage
1 medium onion, chopped
2 cloves garlic, minced
1 (28 oz.) can whole tomatoes, cut up (undrained)
1 (12 oz.) can tomato paste
2 tsp. sugar
2 tsp. basil leaves
1 tsp. crushed red pepper
1/4 tsp. black pepper
2 (15 oz.) containers Ricotta cheese
1 egg, beaten
1/3 c. chopped parsley
1 tsp. salt
4 c. shredded Mozzarella cheese
1 c. grated Parmesan cheese

Prepare lasagna according to package directions; drain. In Dutch oven, combine sausage, onion and garlic. Cook until sausage is no longer pink; drain. Stir in whole tomatoes, tomato paste, sugar, basil leaves, red pepper and black pepper. Bring to boil. Reduce heat and simmer 20 minutes. In medium bowl, blend Ricotta, egg, parsley and salt. Spread a thin layer of sauce in a 13 x 9-inch baking dish. Layer 1/3 each lasagna, remaining sauce, Ricotta mixture, Mozzarella and Parmesan cheeses. Repeat layers. Cover with foil and bake at

375° about 1 hour. Let stand 5 minutes before cutting. Serves 12.

Diane C. Willis

MINI MEAT LOAF

1 1/2 lb. ground beef
1 egg, beaten slightly
2/3 c. milk
1/2 c. quick cooking oats
2 tsp. salt
1/4 tsp. savory leaves
1/2 tsp. pepper
1 Tbsp. snipped parsley
1/2 c. chopped onion

Glaze:

1/3 c. ketchup
1 Tbsp. brown sugar
1 Tbsp. mustard
dash of chili powder

Mix all ingredients and form into 6 mini loaves. Place in ungreased pan. Bake at 350° for 45 minutes or until done. Approximately halfway through, drain off grease. Brush with glaze 3 to 4 times during baking.

Pam Monk

PHEASANT WITH MUSHROOM SAUCE

2 pheasants
4 Tbsp. butter
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. garlic salt
1 can condensed cream of mushroom soup
1 c. cream
1/2 c. sherry

Skin and draw pheasants, cut into serving pieces, wash thoroughly and pat dry. Melt butter in heavy frypan and saute pieces of pheasant until browned. Remove pheasant and place in casserole. Add seasonings, mushroom soup and cream to frypan and bring to a boil, stirring constantly until smooth. Pour sauce over the pheasant in casserole, cover and bake at 350° for 1 hour or until tender. Twenty minutes before serving add sherry and mix well.

L. Weber

ORANGE PORK CHOPS

4 pork chops (1/2 to 3/4 inch)
1 tsp. salt
1 small onion, sliced
2 Tbsp. brown sugar
2 Tbsp. lemon juice
1 small orange, sliced
1/2 (6 oz.) can frozen orange juice, thawed
1/4 tsp. allspice
2 Tbsp. water

In skillet, brown chops over medium heat; drain off fat. Sprinkle salt on chops. Arrange onion slices on chops. Mix orange juice, sugar, allspice, lemon juice and water. Pour into skillet. Heat to boiling. Reduce heat; cover and simmer 20 minutes. Place orange slices on chops, cover for 2 more minutes. Makes 2 servings.

Pam Monk

PHILADELPHIA PEPPER POT

1 ham bone (preferably with lots of ham left)
1 medium onion
12 peppercorns (more to taste, if desired)
3 cans Del Monte Blue Lake green beans
4 to 6 potatoes
1 (8 oz.) pkg. extra large or curly noodles

Early in the day, put ham bone and onion in large soup pot. Cover bone with water and put peppercorns and 2 bay leaves in water, salt to taste. Cook over high heat until water starts to boil. Lower heat and simmer, uncovered, 4 to 5 hours. Skim or strain stock. Cut potatoes into eighths. Cook in stock. When potatoes are almost tender, remove ham bone. Remove meat from bone and put meat back in stock. Add green beans and simmer another 1/2 hour. Add noodles and simmer until noodles are tender. Serve with hot buttered French bread.

Sandy Haglund

BOILED SHRIMP IN BEER

1 lb. headless shrimp in the shell
1 qt. water
12 oz. beer
1 lemon, cut up
1 stalk celery, diced
1 small onion, cut up
2 bay leaves
Tabasco (red pepper) sauce to taste

Combine all ingredients, except shrimp in large kettle. Bring to a boil. Add shrimp and cover. Return to boil and simmer 3 to 4 minutes. Stir, then let stand covered off of the heat for 3 to 4 more minutes. Remove shrimp from liquid, cool promptly with cold running tap water, drain and chill (leave shell on). Serve with cocktail sauce and let everyone peel and eat. (Discard vegetables and broth.)

Diane C. Willis

CRAB AND BROCCOLI CASSEROLE

- 6 oz. fresh, frozen or canned crabmeat
- 1 large bunch broccoli (approximately 2 lb.), trimmed and stems peeled
- 3 Tbsp. butter
- 1/4 c. thinly sliced green onions
- 3 Tbsp. flour
- 1/2 tsp. salt
- 1 1/2 c. half and half, warmed
- 2 Tbsp. chopped pimento
- 1/4 c. toasted slivered almonds

Preheat oven to 375°. Remove any bits of shell or cartilage from crab. Cut stems from broccoli; thinly slice stems. Separate any large flowerets into bite-size pieces. Arrange stems in a 10 x 6 x 2-inch baking dish. Arrange flowerets along edge of dish. Melt butter in small saucepan over medium heat. Add onion and saute 1 minute. Stir in flour and salt. Cook, stirring constantly, for 1 minute. Slowly add half and half, stirring constantly. Continue cooking, stirring until mixture thickens and bubbles, approximately 30 minutes. Remove from heat, fold in crab and pimento, spoon over broccoli in baking dish. Cover dish tightly. Bake for 20 to 30 minutes, or until broccoli is just tender and sauce is hot. Sprinkle with almonds. Serve at once.

Rita Moore

CALICO TUNA

- 1 envelope Lipton golden mushroom soup mix
- 1 1/2 c. milk
- 1/2 lb. elbow macaroni, cooked and drained
- 2 cans tuna, drained and flaked
- 2 Tbsp. finely chopped parsley
- 2 Tbsp. finely chopped pimiento
- buttered bread crumbs

Preheat oven to 350°. In greased 2 quart casserole, blend soup with milk. Stir in macaroni, tuna, parsley and pimiento; top with bread crumbs. Bake 25 minutes or until heated through. Makes about 6 servings.

Ed Zeman

HAM 'N MUSHROOM DISH

1 envelope Lipton golden mushroom soup mix
1 1/2 c. milk
2 c. cubed cooked ham
3 c. uncooked egg noodles, cooked and drained
1 c. cooked peas

In large skillet, blend soup mix with milk. Bring to the boiling point, then simmer, stirring constantly until sauce is thickened, about 5 minutes. Add remaining ingredients. Heat through. Makes 4 servings.

Ed Zeman

TURKEY TETRAZZINI

8 oz. thin spaghetti
4 Tbsp. butter
3 Tbsp. chopped onion
1/2 tsp. salt
1/16 tsp. cayenne pepper
1/4 tsp. marjoram
3/4 c. sliced mushrooms or 1 can (4 oz., save juice)
1/2 c. sherry
1 can (13 oz.) evaporated milk
2 Tbsp. chopped pimento
3 c. cubed turkey
1/2 c. shredded sharp Cheddar cheese
1/4 c. grated Parmesan cheese
1 can cream of chicken soup (10 3/4 oz. can)

Cook spaghetti. Saute onion in butter and add seasonings, mushroom liquid, soup and sherry; blend. Add milk, stirring constantly until thickened. Mix spaghetti, mushrooms, pimento and turkey and place in rectangular greased 3 quart casserole. Pour sauce over mixture and top with cheese. Bake, uncovered, at 350° for 30 minutes.

Ed Zeman

CHEESEBURGER PIE

1 lb. ground beef
1/2 c. canned milk
1/2 c. catsup
1/3 c. fine dry bread crumbs
1/4 c. chopped onions
3/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. dried oregano, crushed
8-inch unbaked pastry shell
1 c. grated American cheese tossed with 1 tsp. Worcestershire sauce

Thoroughly combine all ingredients, except cheese.

Spread in unbaked shell. Bake at 350° for 35 to 40 minutes, then spread cheese mixture atop the meat. Bake 10 minutes more. Let set 10 minutes before serving.

Ed Zeman

BBQ RIBS

3 to 4 lb. beef short ribs
3 Tbsp. oil
1 sliced onion
1/4 c. vinegar
1/4 c. brown sugar
1/2 c. catsup
1/2 c. chili sauce
1/2 c. water
2 Tbsp. Worcestershire sauce
1 tsp. prepared mustard
2 tsp. salt
1/2 c. diced celery

In skillet brown ribs in oil. Remove ribs. Saute onions in skillet until tender. Place drained ribs and onions in ovenproof casserole dish. Combine remaining ingredients; pour over ribs, cover and cook in a 325° oven for 2 1/2 to 3 hours. Serve with noodles.

E. Zeman

MARINATED BROILED STRIP STEAKS

12 strip or shell steaks
3 onions, sliced
1 clove garlic, minced
1/2 c. salad oil
beer
salt and pepper
1/2 stick butter
1 tsp. dry mustard
1/2 c. chopped parsley

Lay steaks in a single layer in a shallow pan. Cover with onion slices. Mix garlic and oil and pour over steaks. Add enough beer to cover steaks. Marinate several hours; drain steaks. Broil to desired doneness, brushing with marinade during broiling. Sprinkle with salt and pepper. For sauce, heat butter, 1/2 cup beer and mustard. Add parsley. Spoon about 2 tablespoons of mustard butter over each steak when it is served.

Ed Zeman

BARBEQUED PORK STEAK

(Crockery Cooked Meat)

4 pork shoulder steaks, cut 1/2 inch thick
1 Tbsp. cooking oil
1 large onion, sliced
1 large green pepper, sliced
2 tomatoes, sliced
1 Tbsp. quick cooking tapioca
1/2 c. barbecue sauce
1/4 c. dry red wine
1/2 tsp. ground cumin

Cut pork steaks in half crosswise, trim off excess fat. In skillet brown the steaks on both sides in hot oil; drain steaks on paper toweling. In 3 1/2 or 4 quart slow cooker, arrange onion, green pepper and tomatoes. Sprinkle tapioca over vegetables. Place pork steaks atop vegetables. In bowl, combine barbecue sauce, wine and cumin. Pour over meat and vegetables, cover and cook on low heat for 6 to 8 hours or until meat and vegetables are tender. Serves 4 to 6.

Ed Zeman

HAMBURGER POTATO PIE

1 medium onion, chopped
2 Tbsp. fat
1 lb. ground beef
1/2 tsp. salt
1/4 tsp. pepper
1 can cooked pea
1 c. canned tomatoes
1/2 c. catsup
3 c. hot seasoned mashed potatoes
1 beaten egg

Cook onion in hot fat until golden. Add meat and seasonings. Cook until meat is lightly browned. Add peas, tomatoes and catsup; mix well. Pour into greased 2 quart casserole. Combine mashed potatoes and egg. Spoon to form mounds or spread over meat mixture. Bake in moderate 350° oven for 20 to 30 minutes.

Mac McBroom

BAKED PORK AND VEGETABLES

4 pork chops or pork steaks (3/4 inch thick, salted)
2 Tbsp. oil
1/2 c. milk
1 c. chopped onion
1 1/2 tsp. seasoned salt
1/2 tsp. pepper
1/4 medium head cabbage, shredded
4 potatoes, sliced
1 (10 1/2 oz.) can cream of mushroom or asparagus soup

Preheat oven to 350°. In large skillet brown pork in oil on both sides. In greased 9 x 13-inch baking dish, toss well remaining ingredients, arranging pork chops on top. Cover dish with foil and bake for 1 hour and 15 minutes. Makes 4 servings.

Kathy McBroom

GROUND MEAT AND SPAGHETTI CASSEROLE

1 medium onion, chopped
1 medium bell pepper, chopped
2 lb. hamburger
salt and pepper to taste
1 can cream of tomato soup
2 c. cooked spaghetti
grated cheese for topping

Brown onion and bell pepper in 2 tablespoons oil. Add hamburger and cook slowly for 10 minutes. Add salt and pepper and tomato soup and mix well. Add spaghetti and pour all into casserole dish. Top with grated cheese and bake at 350° for 20 minutes.

Kathy McBroom

HAM LOAF WITH SAUCE

Loaf:

2 lb. ground lean pork
1 lb. ground ham
1 c. bread crumbs
1 c. milk
2 eggs
salt and pepper to taste (not too much)

Tomato Soup Sauce:

1/2 c. vinegar
1/2 c. butter
1/2 c. sugar
1/2 c. tomato soup
2 tsp. dry mustard
3 egg yolks
dash of salt

Loaf: Mix all ingredients together. Shape into loaf. Pour 1/2 cup tomato soup over the top and bake 1 1/2 hours at 350°. Serve with sauce.

Sauce: Mix all ingredients together, bring to a boil and cook until thick.

Kathy McBroom

SWEET SOUR PORK ROAST

3 1/2 to 4 lb. pork roast
salt
pepper
1 (8 oz.) can tomato sauce
2 Tbsp. lemon or lime juice
1/2 c. water
1 tsp. grated lemon peel
1/2 tsp. salt
2 Tbsp. brown sugar
1/2 tsp. nutmeg or allspice
1 (No. 2) can pineapple chunks, including juice
1/2 c. seedless raisins

Sprinkle pork with salt and pepper. Roast in open baking pan in a 325° oven for 1 hour. Pour off melted fat.

Combine tomato sauce, lemon juice, water, peel, salt, sugar, nutmeg and pineapple juice in saucepan. Simmer 10 minutes. Add raisins and pineapple chunks to sauce. Pour over meat. Roast, basting occasionally, for another 1 1/2 to 2 hours. Add a little hot water if sauce thickens too fast. Makes 6 servings.

Kathy McBroom

QUICK CHICKEN AND RICE

- 2 pkg. Lipton rice (chicken flavor)
- 2 to 3 cans Swanson white chicken
- 1 can chicken broth

Prepare rice according to package directions. Add chicken and 1/2 can of chicken broth. Heat until warm through.

Chris Hawksworth

CROCK-POT CHICKEN

- 4 boneless chicken breasts
- 2 pkg. Lipton rice (chicken flavor)
- 1 jar chicken gravy

Mix rice with 1 cup of water. Put into crock-pot. Place 4 chicken breasts on top of rice. Add 1 jar of chicken gravy. Cover, cook on high all day if chicken is frozen. Cook on medium all day if chicken is thawed. Serve with cooked carrots and rolls.

Chris Hawksworth

EASY DEEP DISH PIZZA

- 3 c. Bisquick
- 3/4 c. water
- 1 lb. ground lean beef
- 2 to 3 tsp. instant beef bouillon or 2 to 3 cubes beef bouillon
- 2 cloves garlic, crushed
- 1 (15 oz.) can tomato sauce
- 1 tsp. dried oregano leaves
- 1 jar (4 1/2 oz.) sliced mushrooms
- 1/2 c. chopped green pepper
- 2 c. shredded Mozzarella cheese

Heat oven to 425°. Lightly grease jelly roll pan or cookie sheet. Mix Bisquick and water until soft dough forms. Pat dough in bottom and up sides of pan with well floured hands or roll into 13 x 10-inch rectangle and place on cookie sheet, pinch up edges to form 3/4 inch rim.

Cook and stir ground beef, onion, bouillon and garlic until beef is brown and bouillon dissolved. Mix tomato sauce and oregano. Spread over dough; spoon beef mixture evenly over sauce. Top with green peppers, mushrooms and cheese. Bake until crust is golden brown, about 20 minutes.

E. Zeman

VEGETABLE OVEN OMELET

3 eggs
1 c. milk
1/2 c. Bisquick
1/2 tsp. salt
2 (4 oz.) cans whole green chilies
2 c. chopped tomatoes (2 to 3 medium)
1/2 c. chopped onion
2 c. shredded Cheddar cheese

Heat oven to 350°. Grease an 8 x 8 x 2-inch baking dish. Beat eggs, milk, Bisquick and salt with hand beater until foamy. Remove seeds from chilies; rinse chilies with water. Place in dish. Sprinkle tomatoes and onions evenly over chilies. Pour egg mixture over vegetables. Sprinkle with cheese. Bake, uncovered, until egg mixture is set and cheese is melted, 40 to 45 minutes. Makes 4 to 6 servings.

SWEET AND SOUR PORK CHOPS

12 pork chops
3/4 c. soy sauce
1 large clove garlic, mashed
1/3 c. honey
3/4 c. beer
2 c. water
1 c. sugar
2 c. cider vinegar
1 c. drained pineapple chunks
1 c. drained, cubed sweet pickles (mixed)
2 green peppers, cut into 1 inch squares
2 tomatoes, each cut into 8 wedges
1/4 tsp. ground ginger
1/4 c. cornstarch
1/4 c. soy sauce

Place pork chops in shallow pan. Mix soy sauce, garlic, honey and beer; pour over pork chops. Marinate 1 hour; drain. Bake, uncovered, at 350° for 30 minutes. Heat water, sugar and vinegar; add pickles, peppers, tomatoes, pineapple and ginger. Simmer until vegetables are tender, but still crisp, about 10 minutes. Mix cornstarch with 1/4 cup soy sauce, gradually add to vegetables. Stir until mixture bubbles and thickens. Pour sauce over pork chops and bake an additional 15 minutes. Serve hot.

HOT AND SPICY CHICKEN

1/4 c. sour cream
1/4 c. mayonnaise
2 Tbsp. Tabasco sauce
1 Tbsp. finely chopped parsley
2 tsp. ground cumin
1 tsp. Worcestershire sauce
1/2 clove garlic, minced
1 (3 lb.) broiler fryer, cut up, skin removed
1 1/2 c. crushed crackers
1/4 tsp. ground red pepper

Preheat oven to 400°. In small bowl, stir together sour cream, mayonnaise, Tabasco sauce, parsley, cumin, Worcestershire sauce and garlic until well blended. Brush chicken with mixture. In shallow pie plate, stir together cracker crumbs and pepper. Roll chicken pieces in crumb mixture to coat. Place chicken in shallow baking dish. Bake 40 to 45 minutes, until fork-tender.

MEAT LOAF

1 1/2 lb. ground beef
1 c. soft bread crumbs
1/3 c. ketchup
1/4 c. chopped onion
1 egg, slightly beaten
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. ketchup
1/4 c. drained, crushed pineapple

Combine ground beef, bread crumbs, 1/3 cup ketchup, onion, egg, salt and pepper. Form into a loaf in shallow baking pan. Bake at 350° for 40 minutes. Combine the 1/4 cup ketchup with pineapple; spoon over loaf. Bake 30 minutes longer. Let stand 5 minutes before slicing.

Jan Elliott

REUBEN LOAF

3 1/4 c. flour
1 Tbsp. sugar
1 tsp. salt
1 pkg. RapidRise yeast
1 c. hot water
1 Tbsp. oleo
1/4 c. Thousand Island dressing
6 oz. thinly sliced corned beef
1/4 lb. sliced Swiss cheese
1 (8 oz.) can sauerkraut, drained
1 egg white, beaten
caraway seed

Set aside 1 cup flour. In large bowl, mix remaining flour, sugar, salt and yeast. Stir in hot water and oleo. Mix in only enough reserved flour to make soft dough. On floured surface, knead 4 minutes on greased baking sheet. Roll dough to 14 x 10-inches. Spread dressing down center 1/3 of dough length. Top with layers of beef, cheese and kraut. Make cuts from filling to dough edges at 1 inch intervals along sides of filling. Alternating sides, fold at an angle across filling; cover. Place large shallow pan on counter; half fill with boiling water. Place baking sheet over pan; let dough rise 15 minutes. Brush with egg white; sprinkle with caraway seed. Bake at 400° for 25 minutes.

Sandy White

BEEF AND NOODLES

1 (2 lb.) round steak, cut into bite-size pieces
1 pkg. au jus mix
1 (12 oz.) pkg. frozen egg noodles

Brown meat in a little oil; drain. Transfer to crock-pot. Dissolve au jus in 3 cups boiling water. Pour over meat. Cook on low for 7 to 10 hours. One hour before serving, turn to high; add package of egg noodles. Noodles should be thawed in refrigerator during the day. Total cooking time is 4 to 6 hours.

Jan Ziegler, Childrens Home

PORK CHOPS

4 pork chops
salt and pepper
1 can onion soup
1 soup can water
1/2 c. chopped celery
1/4 tsp. thyme, crushed
1/2 c. rice (if using instant, may not take as long to heat)

Brown chops in skillet. Season with salt and pepper. Add soup, water, celery and thyme. Cover, simmer 30 minutes or until tender. Stir in rice and cook 25 minutes or longer until rice and chops are tender. (May need to add more water.)

Pat Dougherty

RUSH HOUR CHILI MAC

1 lb. ground beef
1/2 c. chopped onion
1/2 c. chopped greed pepper
1 (16 oz.) can tomatoes
1 3/4 c. water
1 pkg. chili seasoning mix
1 1/2 c. uncooked elbow macaroni
1 c. shredded Cheddar cheese

Brown ground beef, onion and green pepper in large skillet; drain fat. Stir in tomatoes, water, seasoning mix and macaroni. Cover, simmer 25 to 30 minutes or until macaroni is done. Top with shredded cheese.

Jill Sherman

SKILLET MOSTACCIOLI

1 lb. ground beef (round)
2 c. uncooked mostaccioli or ziti
1 jar (15 1/2 oz.) marinara or spaghetti sauce
1 1/2 c. water
1/4 tsp. salt
pepper
4 oz. Mozzarella cheese, shredded (1 c.)
grated Parmesan cheese

In 10-inch skillet over medium-high heat, cook and stir beef until meat loses its pink color. Stir in mostaccioli or ziti, marinara or spaghetti sauce, water and salt. Sprinkle with pepper. Reduce heat to low, cover and simmer for 30 minutes or until pasta is tender, stirring every 10 minutes to prevent sticking. Transfer ground beef and pasta mixture to a warm serving plate. Sprinkle with Mozzarella and cover loosely with foil for 1 to 2 minutes or until cheese melts. Serve with Parmesan cheese. Makes 4 (1 1/2 cup) servings.

CRABMEAT CASSEROLE

1 can cream of mushroom soup
1/4 c. water
1 1/2 c. chow mein noodles (separated)
2 (6 oz.) cans crabmeat
1 c. sliced celery
1/2 c. salted toasted cashews
2 Tbsp. onion, finely chopped
salt

Combine soup with water; add 3/4 cup noodles, crabmeat, celery, nuts and onion. Toss lightly. Place in ungreased 1 1/2 quart casserole or individual seashells. Sprinkle remaining noodles on top. Bake at 375° for 15 minutes or until heated through.

Jill Sherman

HAWAIIAN BURGERS

- 1 lb. lean ground beef
- 1 (8 oz.) can crushed pineapple (in its own juice, drained)
- 1 c. finely chopped water chestnuts
- 4 slices (3/4 oz. each) cooked ham, chopped fine
- 1/4 c. finely chopped onions
- 1 large egg, beaten
- 2 Tbsp. soy sauce

In a large bowl, mix beef, pineapple, water chestnuts, ham, onions and egg. Using a scant 1/2 cup for each shape mixture into 8 patties about 1/2 inch thick. Place on foil lined baking sheet. Broil 5 inches from heat source for 5 minutes. Turn patties, brush with soy sauce and broil 5 minutes longer or until desired doneness.

Chris Hawksworth

CREAMY SWISS STEAK

- 2 lb. round or Swiss steak, cut 3/4 inch thick
- salt and pepper to taste
- 1 large onion, thinly sliced
- 1 (10 oz.) can cream of mushroom soup
- 1/2 c. water

Cut round steak into serving pieces; season with salt and pepper. Place in crock-pot with sliced onion. Combine mushroom soup and water; spread soup mixture evenly over top. Cover and set on low for 8 to 10 hours. This recipe may be doubled for the 5 quart crock-pot.

Jill Sherman

ROAST PORK LOIN

Place a pork loin on rack in shallow roasting pan. Roast, uncovered, at 325° until meat thermometer registers 170°. Plan on 2 1/2 to 3 hours for a 3 to 5 pound roast; 3 1/2 to 4 1/4 hours for a 5 to 7 pound roast. Heat together 1 (12 ounce) jar pineapple preserves and 1/3 cup horseradish mustard. Brush small amount on roast during last 15 minutes of roasting. Pass remaining sauce. Allow 3 to 4 servings per pound of meat.

Jill Sherman

SPAGHETTI PIE

6 oz. spaghetti
2 Tbsp. butter
1/3 c. Parmesan cheese
2 eggs, well beaten
1 lb. hamburger
1/2 c. chopped onion
1/2 c. chopped green pepper
1 (8 oz.) can tomatoes, cut up
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. dried oregano
1/2 tsp. garlic salt or garlic powder
1 c. cottage cheese
1/2 c. shredded Mozzarella cheese

Cook spaghetti and drain. Stir butter into hot spaghetti; add Parmesan cheese and eggs. Form mixture into a crust in a 10-inch pie plate. Cook hamburger, onion and green pepper until vegetables are tender; drain grease. Stir in undrained tomatoes, tomato paste, sugar, oregano and garlic salt or powder. Heat through. Spread cottage cheese over bottom crust. Next add tomato and hamburger mixture. Bake, uncovered, at 350° for 20 minutes. Sprinkle Mozzarella cheese on top and bake 5 minutes longer.

Jill Sherman

MACARONI CHILI MIX-UP

2 c. uncooked elbow macaroni
1 (16 oz.) can whole kernel corn, drained
1 small onion, chopped
1 small green pepper, chopped
2 (15 oz.) cans chili with beans

Prepare macaroni according to package directions. Add all other ingredients; blend well and heat thoroughly. Serves 6.

Jill Sherman

HAM RICE BAKE

1/2 c. evaporated milk
1 can cream of asparagus soup
2 to 4 Tbsp. onion, minced
1 egg, beaten well
3 c. cooked ham, diced
2 c. cooked rice
1/2 c. Cheddar cheese, shredded
3/4 c. cornflake crumbs
3 Tbsp. butter, melted

Combine milk, soup, onion and egg. Fold gently into ham, rice and cheese. Top with buttered cornflake crumbs and bake in uncovered 1 quart casserole at 375° for 20 to 25 minutes.

Jill Sherman

WILD RICE CASSEROLE

1/2 c. (1 stick) butter
1 c. wild rice, washed 3 to 4 times
1/2 c. slivered almonds
3 Tbsp. onion, grated
1/2 lb. fresh mushrooms, sliced
3 c. chicken broth

Place butter, rice, almonds, onion and mushrooms in skillet to brown. Place in a 2 quart casserole; add broth and stir occasionally during baking. Cover and bake at 350° for 1 1/2 hours. Makes 6 to 8 servings.

Jill Sherman

CHICKEN ROLL-UPS

1 c. grated yellow cheese (Cheddar recommended)
1 pkg. crescent rolls
1 3/4 c. boned dry chicken
1 can cream of chicken soup
1 c. milk
chopped onion

Heat soup, 1/4 of cheese and milk until melted. Pour 1/2 in pan. Roll up chicken, cheese and onion, if desired, in crescent roll. Put roll-ups in pan. Bake at 375° for 20 to 25 minutes until golden brown. Take out of oven and sprinkle rest of cheese over top and return to oven to melt. Use rest of soup over roll-ups as gravy. Makes 8 (serves 4 to 5 people).

Deb Beschorner

FETTUCCINI ALFREDO

1 (12 oz.) fettuccini
1/2 c. butter (softened)
1 c. whipping cream, at room temperature
1 (8 oz.) grated Parmesan cheese
2 Tbsp. parsley
1 lb. bacon, chopped
1 medium onion, chopped

Saute bacon and onion. Cook fettuccini according to directions; drain well, place in large bowl. Add all ingredients. Gradually add Parmesan; toss until ingredients coat fettuccini. Salt and pepper to taste.

Deb Beschorner

HEARTY BEEF AND CHEESE PIE

1 1/4 lb. ground beef
1/3 c. chopped onion
1/4 c. chopped green pepper
1 (8 oz.) can tomato sauce
1/4 tsp. salt
1/4 tsp. garlic salt
1 can crescent rolls
1 egg, slightly beaten
1 c. Cheddar cheese, shredded
1 c. Mozzarella, shredded

Brown beef, onion and green pepper in skillet; drain fat. Stir in tomato sauce, garlic and salt. Simmer while preparing crust. Separate rolls and line a 9-inch pan, pressing over bottom and sides. Combine egg and 1/2 cup of each cheese. Spread over crust, then add beef mixture. Sprinkle rest of cheese over top. Bake for 20 minutes at 375° until crust is browned lightly. Freezes well but do not bake first.

Laura Roedell

JOHNNY MARZETTI

6 medium onions
2 lb. ground beef
1 1/2 tsp. salt
1/4 tsp. garlic salt
1/8 tsp. pepper
1 lb. shell macaroni
2 (8 oz.) cans tomato sauce
2 (3 oz.) cans mushroom pieces
2/3 lb. grated sharp cheese

Saute onions in butter. Add ground beef, salt, garlic salt and pepper. Cook until lightly browned. Cook macaroni until tender. Divide into 2 (2 quart) casseroles. To meat mixture add 1 can tomato sauce, mushrooms and cheese. Pour 1/2 over each dish of macaroni, top with remaining can of tomato sauce and cheese. Freeze or store overnight. Bake at 325° uncovered for 1 hour and 45 minutes.

Nancy Price

FRIED CHICKEN

1/2 c. flour
1 tsp. paprika
1/4 tsp. salt
1/4 tsp. pepper
2 1/2 to 3 lb. fryer
vegetable oil

Mix flour, paprika, salt and pepper. Coat chicken with flour mixture. Heat oil in 12-inch skillet over medium-high heat until hot. Cook chicken in oil until light brown on all sides, about 10 minutes; reduce heat. Cover tightly and simmer, turning once or twice until thickest pieces are done, about 35 minutes longer. If skillet cannot be covered tightly. Add 1 to 2 tablespoons water. Remove cover during last 5 minutes of cooking to crisp chicken.

Jan Elliott

HAM LOAF

- 1 lb. smoked ham
- 3/4 lb. fresh pork
- 3/4 lb. beef
- 2 eggs
- 1/2 c. milk
- 1 c. tomato juice
- 2 c. cracker crumbs
- 1/2 tsp. Accent
- 1/2 tsp. Lawry's season salt
- salt and pepper
- 1/2 medium onion
- 1/2 green pepper

Ground ham, pork and beef together twice. Mix ingredients. Bake at 325° for 1 hour. Serves 10 to 12.

Deb Beschorner

BEEF BURGUNDY

- 3 large onions, sliced
- 1 lb. mushrooms, sliced
- 2 lb. sirloin or round steak in 3/4 inch cubes
- 2 Tbsp. flour mixed with 1 tsp. salt and 1/2 tsp. pepper
- 2 Tbsp. oil
- 1 c. beef bouillon
- 1 1/2 c. red Burgundy wine
- 1/4 tsp. marjoram
- 1/2 tsp. thyme
- 1/8 tsp. garlic powder

Saute onions and mushrooms in oil until onions are tender. Remove; set aside. Coat meat cubes with flour mixture. Quickly brown meat in oil (add more oil if necessary). Add bouillon, stirring until thickened. Add wine and spices. Simmer covered until meat is tender (1 to 1 1/2 hours). If necessary, add more bouillon (1 part) and wine (2 parts). In last 20 minutes, return onions and mushrooms. Serve in bowls with lots of crusty French bread for dipping in broth. Red wine and a salad complete a simple but very French meal.

Tom Hallmann

DEVILED STEAK

1 (2 lb.) round steak or family steak (1 1/2 inches thick)
3 Tbsp. vinegar
2 Tbsp. lemon juice
3 Tbsp. Worcestershire sauce
1 small can tomato sauce
1/4 tsp. garlic salt
3 Tbsp. brown sugar
1 c. diced carrots
1 bay leaf

Pound dry mustard and flour into steak. Salt and pepper and brown both sides. Pour off excess oil. Pour over meat the rest of the ingredients. Cover skillet. Bake in a 350° oven for 1 1/2 hours. Serve with hot rice. Serves 4.

CHEESE AND SPINACH QUICHE

1 (9 inch) baked pie shell
Swiss cheese
1/2 c. chopped spinach
1/2 c. sliced mushrooms
1 can tender chunk ham, chicken or turkey, flaked with fork
3 eggs, beaten
1 c. half and half
2 tsp. flour
1/2 tsp. salt
1/4 c. shredded Cheddar cheese

Place Swiss cheese on bottom of pie shell. Sprinkle with spinach, mushrooms and tender chunk. Mix eggs, half and half, flour and salt. Pour into shell. Sprinkle with Cheddar cheese. Bake at 350° for 40 to 45 minutes. Good with salad.

Nancy Price

BREAKFAST CASSEROLE

2 1/2 c. Brownberry seasoned croutons (1 box)
1 1/2 lb. pork sausage
1 c. shredded Cheddar cheese
6 eggs
2 1/4 c. milk
1 can cream of mushroom soup
1/2 soup can milk

Brown pork sausage and drain. Place croutons in bottom of 9 x 13-inch pan, sprayed with Pam. Place sausage over croutons. Sprinkle cheese over sausage. Beat eggs with 2 1/4 cups milk and pour over mixture. Cover and refrigerate overnight. Before baking, mix soup with 1/2 can milk and pour over top. Bake, uncovered, for 1 1/2 hours at 350°. Serves 6 to 8.

To make ahead and freeze: Prepare seasoned croutons, pork sausage and Cheddar cheese and freeze. Take out of freezer 24 hours in advance. After defrosted, add eggs and milk and refrigerate overnight. Top with soup before baking.

Deb Beschorner

BREAKFAST CASSEROLE

- 16 slices white bread (crust removed)
- 8 slices ham
- 8 slices sharp Cheddar, Swiss or Muenster cheese
- 6 eggs
- 3 c. milk
- 1/2 tsp. onion salt
- 1/2 tsp. salt
- 1/2 tsp. pepper
- crushed potato chips
- 1/2 c. melted butter
- 1/2 tsp. dry mustard

Place bread, ham and cheese in a 9 x 13-inch pan, sandwich style. Beat eggs, milk and seasonings well and pour over top of sandwich. Refrigerate overnight. Remove from refrigerator; 1 hour before placing in oven, pour melted butter over top. Top with crushed potato chips. Bake at 325° for 1 hour and 15 minutes or until done. It will be set when done. Let stand 10 minutes before cutting and serving.

Deb Beschorner

<<< Extra Recipes >>>

Vegetables

How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

•Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

•When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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ASPARAGUS AU GRATIN

1 1/2 lb. asparagus
1/4 c. Bisquick
1 c. milk
1 c. shredded Gruyere cheese
1 c. Bisquick
1/2 c. chopped walnuts
1/4 c. margarine (firm)

Heat oven to 350°. Break off tough ends of asparagus as far down as stalks snap easily. Wash asparagus; cut into 1 inch pieces. Place in 9 x 9 x 2-inch pan. Cover with foil and bake until tender, about 25 minutes. Heat oven to 400°. Mix 1/4 cup Bisquick with milk until smooth. Mix in cheese. Pour over asparagus; mix remaining ingredients until crumbly. Sprinkle over top. Bake until top is light golden brown, about 25 to 30 minutes.

Note: Can use 2 (10 ounce) packages frozen asparagus. Cook as directed; drain. Place in pan. Do not bake.

Nancy Price

VEGETABLE CASSEROLE

1 pkg. frozen broccoli, carrots and water chestnuts
1 c. uncooked instant rice
1 can cream of celery soup
1/2 c. French fried onions
5 slices Velveeta
1 can milk

Put rice in bottom of casserole dish. Top with cooked and drained vegetables. Mix soup and milk. Pour over vegetables. Sprinkle with onions and distribute cheese on top. Bake at 350° for 30 minutes. After 15 minutes, stir casserole to mix rice in. Serves 6 to 8.

Deb Beschorner

RICE CASSEROLE

1/2 c. butter
1 c. old-fashioned rice
1 c. bouillon
1 small can mushrooms and juice
1 can onion soup

Melt butter in casserole in oven. Add rice and other ingredients. Bake at 350° for 55 minutes.

Deb Beschorner

ORANGE GLAZED CARROTS

6 large carrots, cut into strips
2 Tbsp. frozen orange juice concentrate, thawed and undiluted
2 Tbsp. brown sugar
2 Tbsp. butter
2 Tbsp. chopped nuts (if desired)

Cook carrots in boiling salted water until tender, about 15 minutes; drain. Add remaining ingredients; mix lightly.

Jill Sherman

BROCCOLI CASSEROLE

2 pkg. frozen chopped broccoli
1 can cream of mushroom soup
1/2 c. mayonnaise
2 Tbsp. chopped onion
2 eggs, beaten
1 1/2 c. shredded sharp Cheddar cheese
2 Tbsp. margarine, melted
Ritz crackers, crushed (regular or cheese)

Cook broccoli until tender; drain. Add margarine, soup, mayonnaise, onion, eggs and cheese; mix well. Pour into buttered 2 quart casserole. Top with crackers. Bake at 400° approximately 30 minutes or until brown.

Note: Can substitute mixed vegetables for broccoli.

Rita Regan

PEAS AND POTATOES GOURMET

3/4 c. milk
1 (8 oz.) pkg. cream cheese
1/2 tsp. salt
1/2 tsp. garlic salt (optional)
2 cans small white potatoes
2 (10 oz.) pkg. frozen peas
1/2 c. shredded Parmesan cheese

Combine milk with cream cheese, blending until smooth. Add seasonings and potatoes and heat in a double boiler until potatoes are heated through. Meanwhile, cook peas according to package directions. Just before serving, fold peas through potatoes. Transfer to serving dish and sprinkle with Parmesan cheese, if desired.

Jill Sherman

HERB-BUTTERED PEAS

1 (10 oz.) pkg. frozen peas
1/3 c. butter
1 Tbsp. instant minced onion
  or 3 Tbsp. chopped fresh
  onion
1/4 tsp. salt
1/4 tsp. garlic powder
1/4 tsp. oregano
1/8 tsp. pepper
3 to 4 sliced stuffed olives
  (about 2 Tbsp.)

In heavy 2 quart saucepan, cook peas according to package directions; drain. Add remaining ingredients, except olives. Heat through. Toss in olives just before serving. Serves 4.

Diane C. Willis

GREEN BEANS AND CHEESE

2 cans green beans
1 (16 oz.) sour cream
2 tsp. butter or oleo
2 tsp. flour
1 tsp. sugar
1 tsp. salt
1/4 tsp. pepper
1 Tbsp. grated onion
1/2 lb. Cheddar cheese
2 c. cornflakes (optional)
2 Tbsp. melted butter or oleo
  (optional)

Melt 2 teaspoons butter; mix flour, sugar, onion, salt and pepper. Add sour cream gradually and green beans. Cook over low heat. Place in greased casserole dish. Place cheese on top.

Optional: Mix melted 2 tablespoons butter with cornflakes and sprinkle on top. Bake at 400° for 20 to 30 minutes.

Pat Dougherty

BOURBON BEANS

4 (18 oz.) cans Boston type
  baked beans
1 (15 1/2 oz.) can kidney
  beans, drained
1 (8 oz.) can kidney beans,
  drained
1 c. brown sugar
1/2 c. catsup
2 onions, chopped
1/4 c. molasses
1/3 c. black coffee
1/3 c. bourbon
3/4 tsp. dry mustard

Mix all ingredients. Cover and bake at 275° for 1 hour or more. Makes 10 to 12 servings.

Jill Sherman

CALICO BEANS

1/2 lb. hamburger	2 tsp. vinegar
1/2 lb. bacon, cubed	1 tsp. dry mustard
1/2 c. chopped onion	1 can butter beans
1/2 c. catsup	1 can pork and beans
3/4 c. brown sugar	1 can kidney beans

Brown cubed bacon, drain and set aside. Brown hamburger and onions. Drain excess grease and set aside. In frypan, put catsup, brown sugar, vinegar and mustard and simmer for a few minutes. Drain kidney beans. Combine all ingredients and bake at 350° for 40 to 60 minutes.

Joanie Robinson

SPINACH CASSEROLE

1 (10 oz.) pkg. chopped spinach	3 oz. Velveeta cheese
2 Tbsp. flour	1/2 stick butter
2 eggs, beaten	1 1/2 tsp. dry minced onions
1 (3 oz.) pkg. cream cheese	1/2 tsp. salt

Topping:

1/4 c. butter	1/3 c. grated Parmesan cheese
1/2 c. fine bread crumbs	

Microwave frozen spinach in 1 1/2 quart casserole for 3 minutes; drain. Stir in flour, eggs, cheese (cubed), butter (cubed), onion and salt. Sprinkle on topping. Bake at 350° for 30 to 40 minutes in oven.

Joanie Robinson

CHEESE MUSHROOMS

1 lb. fresh mushrooms	seasoning salt
10 strips crisp bacon, chopped	1 medium onion, chopped
3/4 c. mayonnaise	1 1/2 c. grated sharp cheese

Stem mushrooms. Wash in salted water. Place in shallow buttered Pyrex dish, cup side up. Mix mayonnaise, salt, onion and bacon. Fill cups of mushrooms and sprinkle with cheese. Cover with foil and bake 15 minutes at 350°.

Joanie Robinson

POTATO CASSEROLE

1 (2 lb.) pkg. frozen hash browns (thaw 30 minutes)
1/4 c. diced onion
2 cans cream of mushroom soup
1 stick butter, melted
potato chips
1 carton sour cream
8 oz. sharp cheese
salt and pepper

Put potatoes in a 9 x 13-inch pan. Mix remaining ingredients and pour over potatoes. Top with crushed potato chips. Bake 1 hour at 350°.

Laura Roedell

GOLDEN POTATO WEDGES

4 medium unpeeled potatoes
1 tsp. oil
1/4 tsp. oregano
1/4 tsp. garlic powder
2 Tbsp. Parmesan cheese

Cut potatoes into wedges. Place potatoes in shallow dish. Sprinkle with oil and seasoning, except cheese. Stir to coat potatoes. Cover with waxed paper. Microwave on High 10 minutes, stirring twice. Sprinkle with Parmesan cheese and microwave on High 2 minutes longer. Let stand covered 5 minutes.

For Conventional Oven: Bake at 450° for 15 minutes. Sprinkle with Parmesan cheese and bake 15 minutes longer. Serves 4.

Jill Sherman

GOLDEN CHEESE POTATOES

4 (12 oz.) pkg. frozen shredded hash browns
2 sticks margarine
1 pt. half and half
2/3 lb. Velveeta
1 pkg. grated sharp Cheddar cheese

Melt margarine and cheese. Add half and half. Pour mixture over broken thawed potatoes. Let soak 1 hour. Bake at 350° for 45 to 60 minutes in a 9 x 13-inch pan.

Deb Beschorner

PARTY POTATOES

instant potatoes
8 oz. sour cream
8 oz. cream cheese
garlic salt to taste

Prepare instant potatoes, serving for 12, according to directions. Add remaining ingredients. Put into a 9 x 13-inch pan. Bake at 350° for 40 minutes.

CHEEZIE POTATOES

4 medium potatoes
1 tsp. onion salt
1 tsp. celery salt
1/2 tsp. pepper
4 Tbsp. grated Parmesan cheese
8 tsp. butter

Wash and peel potatoes and cut in lengthwise strips as for French fries. Cut 4 (7 inch) squares of baking foil and butter a 4 inch circle in the center. On each square of foil, place 1 cut-up potato; sprinkle with onion salt, celery salt, pepper and 1 tablespoon of grated Parmesan. Dot with 2 teaspoons butter. Seal the potatoes in the foil in loose packages. Bake at 375° for 30 minutes.

L. Weber

HOLIDAY POTATOES

4 lb. potatoes (not peeled), boiled and drained
1/2 c. chopped onion
1/4 c. oleo
1/2 c. crushed cornflakes
1 (10 oz.) can cream of celery soup
1 pt. sour cream
1 1/4 c. shredded Cheddar cheese
1/2 c. shredded Cheddar cheese
3 Tbsp. melted butter or oleo

Saute the onion and 1/4 cup oleo until tender, remove from heat and add soup, sour cream and 1 1/4 cups Cheddar cheese; mix well. Peel and shred potatoes. Pour mixture over potatoes and put in a 13 x 9-inch pan. Cover and refrigerate overnight. When ready to bake, mix 1/2 cup crushed cornflakes with 1/2 cup shredded cheese and sprinkle on potatoes. Drizzle 3 tablespoons melted butter over top. Bake at 350° for 1 hour. Serves 12.

Diane C. Willis

SCALLOPED POTATOES

6 small potatoes
1/4 c. minced onion
3 Tbsp. butter
2 Tbsp. salt
1/4 c. minced parsley
2 Tbsp. flour
1/8 tsp. pepper
1 3/4 c. milk

Place half of potatoes in greased 1 1/2 quart casserole. Sprinkle half of onion and parsley over potatoes. Melt butter in 1 quart saucepan. Add flour, salt, pepper and milk and stir until mixture is almost boiling. Repeat with remaining potatoes, onion, parsley and sauce. Cover. Bake in 350° oven for 1 hour. Serves 6. Add sliced or diced ham for main dish.

Mac McBroom

GOLDEN POTATO CASSEROLE

1 3/4 c. water
1/2 tsp. salt
1/2 c. milk
1/8 tsp. ground turmeric
2 c. mashed potatoes
1 pkg. cream cheese, cut into cubes
1/2 c. grated Parmesan cheese
3 Tbsp. chopped green onions
3 Tbsp. diced pimientos

Bring water and salt to boil in medium-size saucepan. Remove from heat. Stir in milk and turmeric; add potato flakes. When liquid is absorbed, add cream cheese, Parmesan cheese, green onions and pimientos. Stir lightly to combine. Spoon into greased 1 quart casserole. Bake at 350° for 40 to 50 minutes, until lightly browned. Makes 6 servings.

Mac McBroom

BAKED POTATO DUMPLINGS

1 1/2 c. Bisquick
1/2 c. mashed potato mix (dry)
1 c. milk
dash of pepper
2 eggs
1 Tbsp. margarine, softened
1/4 c. margarine, melted
1/2 c. Parmesan cheese

Grease a 13 x 9 x 2-inch pan. Mix Bisquick and potatoes in 2 quart saucepan. Gradually stir in milk. Stir in pepper, eggs and softened margarine (mixture will be lumpy). Heat over medium heat, stirring constantly until very thick, about 6 minutes (mixture will be consistency of mashed potatoes). Remove from heat, continue stirring until mixture forms a ball and cleans side of pan. Spread into prepared pan. Cover and refrigerate until firm, at least 2 hours. Heat oven to 350°. Cut into 48 squares. Overlap squares lengthwise in ungreased 12 x 7 x 2-inch pan. Drizzle with melted margarine; sprinkle with cheese. Bake, uncovered, until golden, about 30 minutes. Makes 6 to 8 servings.

Nancy Price

POTATO SKINS

6 baked potatoes, cut in half	6 slices cooked, crumbled bacon
8 oz. shredded cheese	4 oz. green chillies

Remove pulp, brush insides with 1/2 cup melted butter and return to oven and bake until crisp. Fill skins with cheese, bacon and chillies. Return to 375° oven until cheese melts. Serve with sour cream and chives.

Jan Elliott

SWEET POTATO CASSEROLE

3 c. mashed sweet potatoes	1 c. sugar
1 stick butter	1 tsp. vanilla

Topping:

1 c. brown sugar	1 stick softened butter
1/4 c. flour	1 c. chopped pecans

Mix potatoes, butter, sugar and vanilla together in a 9 x 13-inch dish. Blend topping ingredients until crunchy. Add to top of potato mixture. Bake at 350° for 30 minutes.

June Agee

POTATO MUSHROOM–CHEESE BAKE

4 potatoes	1/2 lb. mushrooms, sliced
4 tsp. salt	2 c. shredded Swiss cheese
1 Tbsp. margarine	4 eggs
1/2 c. chopped onion	2 c. milk
1/4 tsp. paprika	1/8 tsp. pepper

In large saucepan, cover potatoes with water and add 3 teaspoons salt. Cover and bring to boil. Simmer 20 minutes or until potatoes are tender; drain, peel and slice potatoes.

In large skillet, melt butter; add onion and paprika. Cook until onions are tender. Add mushrooms, cook 5 minutes. Place a layer of potatoes in a greased 2 quart baking dish. Top with half of mushroom mixture and sprinkle with half of cheese. Repeat with remaining potatoes, mushrooms and cheese.

In large bowl, beat together eggs, milk, remaining 1 teaspoon salt and pepper. Pour over vegetables in baking dish. Bake in 325° oven for 50 to 60 minutes or until custard is set.

Chris Hawksworth

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Breads, Rolls, Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BUTTER BRICKLE BREAD

- 1 (18 1/2 oz.) butter brickle cake mix
- 1 (3 3/4 oz.) box instant coconut pudding
- 2 Tbsp. poppy seed
- 1 c. warm water
- 1/2 c. oil
- 4 eggs, slightly beaten

Preheat oven to 325°. Grease 2 (5 x 9-inch) loaf pans. Combine all ingredients in a large mixing bowl; mix until smooth. Pour into prepared pans and bake for 45 to 60 minutes. Remove from pans to cool. Freezes well. Makes 2 loaves.

Jill Sherman

APPLE BREAD

- 1 c. oil
- 1 c. nuts
- 1 c. raisins
- 2 c. sugar
- 3 eggs
- 3 c. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 2 tsp. vanilla
- 2 c. peeled and diced apples

Combine oil, nuts, raisins, sugar, eggs and apples. Beat by hand. Combine flour, salt, baking soda and vanilla. Pour into greased loaf pan. Bake at 325° for 1 hour.

Louise Oatman

RHUBARB NUT BREAD

- 1 1/2 c. brown sugar
- 2/3 c. oil
- 1 egg
- 1 c. buttermilk
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 1/2 c. flour
- 1 1/2 c. fresh finely diced rhubarb
- 1/2 c. pecans

Grease and flour 2 loaf pans. Mix all ingredients and put in loaf pan. Top with 1/2 cup sugar and 1 teaspoon cinnamon. Bake at 350° for 40 to 50 minutes.

Jan Elliott

PUMPKIN-CRANBERRY NUT BREAD

3 1/2 c. flour
2 tsp. cinnamon
1 tsp. salt
1 tsp. soda
1/2 tsp. baking powder
2 tsp. grated orange rind
3/4 c. margarine, softened
2 c. sugar
3 eggs
1 (16 oz.) can pumpkin
1 c. chopped walnuts
1 c. chopped cranberries
icing
walnuts (garnish)
cranberries (garnish)

Preheat oven to 350°. Combine dry ingredients; set aside. Cream butter and sugar. Add eggs, 1 at a time, mixing after each addition. Alternate additions of pumpkin and dry ingredients. Stir in nuts and cranberries. Pour batter into 2 lightly greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Bake for 60 to 65 minutes or until bread tests done. If desired, drizzle with icing. (Mix just enough cream or milk into confectioners sugar to make a slightly runny consistency.) Garnish with walnut halves and a cranberry. Makes 2 loaves.

Jill Sherman

MONKEY BREAD

4 cans biscuits
1 c. sugar
3/4 Tbsp. cinnamon
3/4 c. margarine, melted

Cut biscuits into quarters. Mix sugar and cinnamon. Shake biscuits in mixture to coat well. To remaining sugar and cinnamon, add enough sugar to make 1 cup and add 1 tablespoon cinnamon. Add to melted butter. Place half of biscuits in bottom of Bundt pan. Pour half margarine over top. Add remaining biscuits and top with remaining margarine. Bake at 350° for 40 minutes. Remove from pan immediately.

Deb Beschorner

REFRIGERATOR ROLLS

1/2 c. Crisco
1/2 c. sugar
1/4 c. cold water
1 tsp. salt
2 c. cold water
2 eggs, beaten
1 pkg. dry yeast
6 c. flour

Heat Crisco, sugar, 1/4 cup water and salt until melted. Add remaining ingredients; mix. Let rest for 10 minutes. (Will be sticky.) Place in gallon size container. Cover with foil and refrigerate overnight.

For complete recipe (approximately 2 dozen): Next day, work down. Knead on floured board and cut with biscuit cutter. Place in well-greased pan, brush with oil or butter. Cover and let rise until double in size. Bake at 400° for 15 minutes.

For just a few rolls: Knead only amount of dough needed; continue as before. Bake at 400° for 10 to 15 minutes. Store unused dough in Tupperware in refrigerator.

To Raise Dough Quickly: Place shaped dough in microwave dish; set on top of bowl of hot water. Tent with waxed paper, floured on inside. Microwave and let stand 15 minutes after each 1 minute as follows: 50% power for 1 minute, 30% power for 1 minute, 10% power for 1 minute. When doubled in size, discontinue microwaving and bake.

Cindy Howell

SOURDOUGH STARTER

2 c. flour	1 pkg. dry granular yeast or 1 yeast cake
2 c. warm water	

Mix well, then place in a warm place or closed cupboard overnight. In the morning it should be bubbly or frothy and is called a sponge. Take out 1/2 cup of the sponge and place it in a scalded pint jar with a cover and store in refrigerator or a cool place for future use. This is sourdough starter. The remaining sponge is ready to be used for pancakes, waffles, muffins, bread or cake immediately.

L. Weber

SOURDOUGH BREAD

4 c. sifted flour	1 tsp. salt
2 Tbsp. sugar	2 Tbsp. fat

To remaining sponge which should be about 2 cups, add flour, sugar, salt and fat. Set the sponge the night before, add 2 cups warm water and 2 cups flour. Beat well and set in a warm place free from drafts overnight or for 6 to 8 hours.

(Batter will be 1/2 again its bulk and covered with air bubbles.) Save out 1/2 cup for next starter. Sift dry ingredients in a bowl, making a well in center. Add fat to the sponge and mix it well. Pour into the well of flour. Add enough more flour to make a soft dough. Knead on floured breadboard for 10 to 15 minutes. Place in greased bowl or bread pan. Let rise in warm place 2 hours until light. Bake at 375° for 50 to 60 minutes.

L. Weber

THICK CRUST PIZZA DOUGH

- 2 1/2 c. milk
- 1/2 c. butter or margarine
- 5 1/2 c. all-purpose flour
- 1/2 c. yellow cornmeal
- 3 Tbsp. sugar
- 1 pkg. active dry yeast
- 1 tsp. salt
- 4 eggs, beaten
- 2 to 3 c. all-purpose flour
- olive oil or vegetable oil
- yellow cornmeal

Place milk and butter in medium saucepan, heat to scalding, stirring occasionally. Remove from heat and cool to 115°. Mix 5 1/2 cups flour, 1/2 cup cornmeal, sugar, yeast and salt in large bowl. Stir in cooled milk; add eggs. Add enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured board. Knead until smooth and elastic, about 15 minutes. Place in greased bowl; turn greased side up and cover. Let rise in warm place until double, about 1 1/2 hours. Punch down dough.*

Let rise covered until doubled, about 1 hour. Grease bottoms of 2 round pans, 13-inches in diameter and 2 inches deep with olive; sprinkle with cornmeal. Divide dough in half. Roll each half on lightly floured board into a 16 inch circle. Transfer dough to prepared pan, fitting into bottoms and partially up sides of pan.

*Tip: Dough can be prepared up to this point, wrapped securely in plastic wrap and frozen for later use. Thaw; let double and proceed with rest of instructions.

SANDWICH BREAD

- 6 1/2 c. all-purpose flour
- 1/3 c. sugar
- 2 tsp. salt
- 2 pkg. yeast
- 1 c. water
- 1/2 c. milk
- 1/3 c. margarine
- 2 eggs (at room temperature)

Set aside 1 cup flour. In large bowl, mix remaining flour, sugar, salt and yeast. In small saucepan, over low heat, heat water, milk and margarine until liquids are hot to touch (125° to 130°). Stir into dry ingredients. Mix in eggs and only enough reserved flour to make a soft dough. On lightly floured surface, knead until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes. Divide dough in half. Shape into loaves. Place in 2 greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover; let rise in warm draft free place until doubled in size, about 50 minutes. Bake at 375° for 30 to 35 minutes. Remove from pan; cool on wire racks.

E. Zeman

PINEAPPLE WHOLE WHEAT ROLLS

1 (8 oz.) can crushed pineapple
1 c. all-purpose flour
1 pkg. active dry yeast
1/3 c. milk
3 Tbsp. brown sugar
3 Tbsp. cooking oil
1/4 tsp. salt
2 to 2 1/4 c. whole wheat flour
1/4 c. honey
1/4 c. butter, melted

Drain pineapple, reserve 1/3 cup juice; set pineapple aside. Combine all-purpose flour and yeast. Heat reserved juice, milk, brown sugar, oil and salt just until warm (115° to 120°). Add to flour mixture; beat at low speed of mixer 1/2 minute. Beat at high speed 3 minutes. Stir in pineapple, add as much whole wheat flour as you can stir in. Turn out onto floured surface; knead in enough remaining flour to make a moderately stiff dough. Place in a greased bowl. Cover; let rise in warm place until double (1 hour). Punch down; let rest 10 minutes. Divide dough into thirds. Shape each third into 15 balls. Place 3 balls in greased muffin cups. Let rise in warm place until nearly doubled (20 minutes). Bake at 375° for 15 minutes. Combine honey and melted butter. Turn rolls out; brush with honey mixture. Makes 15.

COUNTRY APPLE COFFEE CAKE

- 2 Tbsp. margarine
- 1 1/2 c. chopped, peeled apples
- 1 (10 oz.) can Hungry Jack Butter Tastin' biscuits
- 1/2 c. firmly packed brown sugar
- 1/4 tsp. cinnamon
- 1/3 c. light corn syrup
- 1 1/2 tsp. whiskey (if desired)
- 1 egg
- 1/2 c. pecan halves or pieces

Glaze:

- 1/3 c. powdered sugar
- 1/4 tsp. vanilla
- 1 to 2 tsp. milk

Heat oven to 350°. Using 1 tablespoon of margarine, grease bottom and sides of 9-inch round cake pan. Spread 1 cup of the apples in pan. Separate dough into 10 biscuits; cut each into 4 pieces. Arrange biscuit pieces, point side-up over apples. Top with remaining apples. In small bowl, combine remaining 1 tablespoon margarine, brown sugar, cinnamon, corn syrup, whiskey and egg; beat 2 to 3 minutes until sugar is partially dissolved. Stir in pecans; spoon over biscuits. Bake at 350° for 35 to 45 minutes or until deep golden brown. Cool 5 minutes.

In small bowl, blend all glaze ingredients until smooth. Drizzle over warm coffee cake. Store in refrigerator.

E. Zeman

FRESH APPLE MUFFINS

- 2 c. flour
- 2 tsp. cinnamon
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs
- 1 c. oil
- 1 c. sugar
- 1 tsp. vanilla
- 4 c. peeled and chopped apples
- 1 c. chopped walnuts

In small bowl, mix flour, salt, baking soda and cinnamon. In large bowl, beat eggs; add oil, sugar and vanilla. Stir in flour mixture until blended. Stir in apples and nuts. Spoon into muffin tins. Bake at 350° for 15 to 20 minutes.

Joanie Robinson

BANANA-OAT BRAN MUFFINS

3/4 c. oat bran
1/2 c. flour
1/4 c. whole wheat flour
2 Tbsp. sugar
1 1/2 tsp. baking powder
1/8 tsp. nutmeg
1/8 tsp. cinnamon
1/8 tsp. salt
2 egg whites
1/2 c. sodium-modified buttermilk
2 Tbsp. melted diet margarine
2 medium sized ripe bananas, mashed

Combine oat bran, flour, whole wheat flour, sugar, baking powder, nutmeg, cinnamon and salt in large bowl. In small bowl, using wire whisk beat eggs, buttermilk, margarine and bananas. Add banana mixture to bran mixture; stir, don't overmix. Spoon batter into 10 (2 1/2-inch) muffin pan cups with paper liners. Bake 18 to 20 minutes at 400°. Per muffin, 117 calories.

Mable Hartman

PA'S MILE HIGH BISCUITS

3 c. sifted flour
4 1/2 tsp. baking powder
3/4 tsp. cream of tartar
2 1/2 Tbsp. sugar
3/4 tsp. salt
3/4 c. shortening
1 egg
1 c. milk

Preheat oven to 450°. Grease baking sheet. Sift dry ingredients and cut in shortening. Beat egg and add to milk. Add to dry ingredients and mix with fork until dough holds together. Turn onto floured board and knead lightly. Roll 1 inch thick and cut into biscuits. Bake 12 minutes.

Joe Lynn

MORNING GLORY MUFFINS

2 c. flour
1 1/4 c. sugar
2 tsp. soda
2 tsp. cinnamon
1/2 tsp. salt
2 c. grated carrots
1/2 c. raisins
1/2 c. nuts, chopped
1/2 c. coconut
1 apple, peeled, cored and grated
3 eggs
1 c. oil
2 tsp. vanilla

Mix together flour, sugar, soda, cinnamon and salt. Stir in carrot, raisins, nuts, coconut and apple. Beat eggs with oil and vanilla. Stir into flour mixture until batter is just combined. Spoon into well-greased muffin cups, filling to the top. Bake at 350° for 20 minutes. Makes 14 large muffins.

Jill Sherman

ORANGE MUFFINS

2 c. flour
1 tsp. baking powder
1/2 c. sugar
3/4 tsp. salt
5 Tbsp. shortening
2 Tbsp. grated orange rind
1 egg, beaten well
1/2 c. orange juice

Sift together flour, baking powder, sugar and salt. Cut in shortening. Add orange rind. Combine beaten egg and orange juice. Add to flour mixture, stirring only until flour is moist. Fill greased muffin tins 2/3 full. Bake 15 to 20 minutes at 425°.

Jill Sherman

N.Y. POLISH CHEESE COFFEECAKE

1 pkg. dry yeast
1/4 c. warm milk
1 Tbsp. sugar
2 1/2 c. sifted flour
1/2 tsp. salt
1 c. butter, softened
4 egg yolks
1 lb. cream cheese
1 egg, separated
1 c. sugar
1 tsp. vanilla
1/2 c. chopped nuts
powdered sugar

Dissolve yeast in milk; add 1 tablespoon sugar. Cut butter into flour and salt until crumbly. Add egg yolks and yeast mixture. Press half of dough into a 9 x 13-inch pan. Beat cream cheese, egg, sugar and vanilla until fluffy. Spread on dough. Cover with remaining dough (roll or crumble). Brush top with slightly beaten egg white. Sprinkle with nuts. Cover, let rise for 2 hours or until doubled. Bake at 350° for 30 minutes. Sprinkle with powdered sugar.

ONE-HOUR BUTTERMILK ROLLS

1 1/2 c. buttermilk
2 pkg. yeast
1/4 c. lukewarm water
2 Tbsp. sugar
1 tsp. salt
1/2 tsp. baking soda
4 1/2 c. flour
1/2 c. melted margarine

Heat buttermilk; add to yeast, which has already been dissolved in the warm water. Add sugar, baking soda, salt, flour and margarine; beat well until smooth. Let set for 10 minutes. Knead until dough loses its stickiness, about 5 minutes. Shape into rolls and let rise 30 minutes. Bake at 400° for 10 to 15 minutes. Makes 1 1/2 dozen.

June Agee

BEER ROLLS

3 c. Bisquick
2 tsp. sugar
1 c. beer

Mix ingredients. Put into greased muffin tins; fill 3/4 full. Bake until light and brown. Good and easy.

June Agee

BELGIAN WAFFLES

1 pkg. dry yeast
2 c. lukewarm milk
4 eggs, separated
1 tsp. vanilla
2 1/2 c. sifted all-purpose flour
1 Tbsp. sugar
1/2 tsp. salt
1/2 c. melted butter

Sprinkle yeast over warm milk; stir to dissolve. Beat egg yolks and add to yeast mixture with the vanilla. Sift together flour, sugar and salt. Add to yeast mixture. Stir in melted butter and combine thoroughly. Beat the egg whites until stiff and stir 1/4 of the whites into the batter. Carefully fold in remaining whites. Let mixture stand in a warm place for 45 minutes or until doubled in bulk. Heat waffler; pour in approximately 1 to 1 1/4 cups batter and cook until brown or steaming stops. Sprinkle with powdered sugar or serve with fruit.

Mary Alice Bonsoe

APPLE PRALINE PIE

1 graham cracker pie crust
1 egg yolk, beaten
1 (20 oz.) can apple pie filling
1 c. chopped pecans
1/3 c. brown sugar
1/4 c. butter

Preheat oven to 375°. Brush bottom and sides of crust evenly with egg yolk. Bake on baking sheet until lightly brown, about 5 minutes. Remove from oven. In medium bowl, combine apple pie filling and 1/2 cup chopped pecans; turn into crust. In saucepan, combine 1/2 cup pecans, brown sugar and butter; heat to full boil, stirring constantly. Spoon over top of apple filling. Bake on baking sheet for 35 minutes or until filling is bubbly. Cool.

Jill Sherman

AMBER PIE

1 c. raisins
1 c. milk
1 heaping Tbsp. flour
3/4 c. sugar
1 tsp. vanilla
2 egg yolks (save whites)

Stew raisins in small amount of water to plump. Add milk; sift flour and sugar and add to raisins. Cook until thick. Add egg yolks and vanilla. Cool. Pour into baked pie shell. Top with meringue made with 2 egg whites (beaten) and 2 tablespoons sugar. Brown in oven at 375° for 8 minutes.

Eunice Stenger

PEANUT BUTTER AND JELLY PIE

1/3 c. peanut butter
1/3 c. light corn syrup
2 c. crisp rice cereal
1/2 c. strawberry preserves
1 qt. strawberry or vanilla ice cream, slightly softened

In large bowl, combine peanut butter and syrup; blend well. Stir in cereal. Press mixture evenly around sides of a 9-inch pie plate. Chill 10 minutes. Spread 1/4 cup preserves over crust. Spread ice cream over preserves. Swirl remaining preserves over ice cream. Freeze several hours or until firm.

Pam Monk

CREAM CHEESE PIE

2 large pkg. cream cheese (8 oz.)
1/2 c. sugar
1 Tbsp. lemon juice
1 Tbsp. vanilla
3 eggs

Topping:

1/2 pt. sour cream
1/2 c. sugar
1 tsp. vanilla

Beat all ingredients. Pour into graham cracker crust. Bake 25 minutes at 325°.

Topping: Mix well and put on top of baked pie. Bake 5 minutes at 400°. Let set for 12 hours in refrigerator.

Kathy McBroom

FLUFFY GRASSHOPPER PIE

2 c. finely crushed mint creme filled chocolate sandwich cookies (about 2 doz.)
1/4 c. margarine or butter, melted
1 (8 oz.) pkg. cream cheese, softened
3 Tbsp. lemon juice concentrate
1/4 c. green creme de menthe
1/4 c. white creme de cacao
1 (4 oz.) container whip topping
1 can Eagle Brand milk

Combine crumbs and margarine; press firmly on bottom and up side of buttered 9-inch pie plate. Chill. Meanwhile, in large mixer bowl, beat cheese until fluffy; gradually beat in Eagle Brand until smooth. Stir in lemon juice and liqueurs. Fold in whip topping. Chill 20 minutes and put into crust. Chill or freeze 4 hours until set.

Joanie Robinson

KEY LIME PIE

1 (14 oz.) can sweetened condensed milk
1 Tbsp. fresh grated lime peel
1/2 c. fresh squeezed lime juice
1/4 tsp. salt
yolks of 2 large eggs
1 (8 inch, 6 oz.) ready made graham cracker crumb crust
1 c. heavy cream
1 Tbsp. powdered sugar
fine shreds of lime peel

In a large bowl, combine condensed milk, lime peel, lime juice and salt. Add yolks. Using mixer (electric) at high speed, beat 1 to 2 minutes or until thickened. Pour into crumb crust. Chill at least 2 hours or until set.

To Serve: In medium bowl, beat cream until soft peaks form, slowly adding powdered sugar. Swirl over chilled pie and sprinkle with fine shreds of lime peel. Serves 8.

Diane C. Willis

CREAMY LEMON MERINGUE PIE

1 prepared pie crust
3 eggs, separated
1 (14 oz.) can Eagle Brand milk
1/2 c. lemon juice
1 tsp. grated lemon rind
1/4 tsp. cream of tartar
1/3 c. sugar

Preheat oven to 350°. In medium size bowl, beat egg yolks; stir in Eagle Brand milk, lemon juice and rind. Turn into pie crust. In small mixer bowl, beat egg whites (at room temperature) with cream of tartar until foamy; gradually add sugar, beating until stiff but not dry. Spread meringue on top of filling, sealing carefully to edge of crust. Place on cookie sheet in oven and bake 12 to 15 minutes or until meringue is golden brown.

PEACH PIE

- 1 baked crust or graham cracker crust
- Cool Whip
- peach pie filling

Spread Cool Whip entirely over crust. Put peach pie filling over Cool Whip. Refrigerate.

Note: Any flavor pie filling can be used.

Jill Sherman

TEXAS LEMON PIE

- 1 (8 oz.) pkg. cream cheese, softened
- 1 can Eagle Brand sweetened condensed milk
- 1 can pink lemonade, thawed
- red food coloring
- 1 (4 oz.) container Cool Whip, thawed
- 1/2 c. pink coconut
- 1 baked pie shell

Beat cream cheese until fluffy, then add Eagle Brand milk and beat. Add lemonade and few drops of red food coloring. Fold in Cool Whip and pink coconut. Pour into baked pie shell. Chill 2 hours or more.

Pink Coconut:

- 1/2 tsp. water
- 2 drops red food coloring
- 1/2 c. coconut

Combine water with red food coloring in a plastic bag. Add coconut and shake.

Jill Sherman

FRESH RHUBARB CUSTARD PIE

- 3 eggs
- 3 Tbsp. milk
- 2 c. sugar
- 1/4 c. flour
- 4 c. rhubarb, cut-up
- pie shell
- pastry for lattice top

Beat eggs slightly; add milk. Mix sugar and flour and stir into eggs; add rhubarb. Pour into pie shell. Dot with 1 tablespoon margarine. Cover with lattice. Bake 10 minutes at 400°, then 50 minutes at 350° or until nicely brown and done.

Eunice Stenger

VINEGAR PIE

2 c. boiling water	3 eggs
1/4 c. cider vinegar	1 tsp. lemon flavor
1 c. sugar	3 Tbsp. sugar
3 Tbsp. cornstarch	

Beat egg yolks until thick. Add 1 cup sugar, cornstarch and salt; mix thoroughly. Add boiling water slowly, stirring constantly. Add vinegar. Cook over hot water until thick and smooth. Add sugar and flavoring. Pour into baked pastry shell.

Sandy White

PUMPKIN CHEESE PIE

1 graham cracker pie crust	1/3 c. sugar
1 (8 oz.) pkg. cream cheese	1/2 tsp. cinnamon
3 Tbsp. sugar	1/4 tsp. ginger
1/2 tsp. vanilla	1/4 tsp. nutmeg
1 egg	1 (5 1/3 oz.) can evaporated milk
2 eggs, slightly beaten	
1 c. canned pumpkin	

Preheat oven to 350°. In small bowl, combine softened cream cheese, sugar and vanilla; mix until well blended. Beat in egg. Spread evenly over bottom of crust. Combine remaining ingredients; mix well. Place crust on baking sheet. Spoon pumpkin mixture into crust over cheese. Bake 1 hour. Cool. Serve with Cool Whip, if desired.

Jill Sherman

CHOCOLATE MINT ICE CREAM PIE

1 chocolate flavored pie crust	3/4 c. powdered sugar
1 qt. mint chocolate chip ice cream, softened	1 tsp. margarine
	3 sq. semi-sweet chocolate
	1/2 c. evaporated milk

Spread softened ice cream into the crust. Freeze 1 to 2 hours. In saucepan, combine sugar, butter, chocolate and milk; heat, stirring occasionally until thickened. Let cool; spread over the firm ice cream. Freeze 1 hour. Let stand at room temperature 15 minutes before serving.

Jill Sherman

OSGOOD PIE

1 c. butter or margarine	1 c. chopped dates
2 c. sugar	1 c. chopped pecans
4 eggs	2 tsp. vanilla

Cream butter; gradually add sugar. Add egg yolks, well beaten. Add dates, chopped fine and rolled in a little flour. Add nuts and vanilla. Fold in stiffly beaten egg whites. Bake in raw pastry shell at 350° for about 40 minutes.

June Agee

RASPBERRY CUSTARD PIE

4 c. raspberries	1 egg, beaten
4 level Tbsp. flour	1 c. sugar

Combine and put in unbaked shell. Bake at 400° for 10 minutes or at 350° for 25 minutes.

June Agee

STRAWBERRY YOGURT PIE

1 small container strawberry yogurt	1 small container frozen strawberries
1 small container Cool Whip	

Mix together and put in baked crust. Chill 1 hour before serving.

June Agee

PIE CRUST

(Never Fail)

3 c. flour	2 Tbsp. vinegar
1 c. Crisco	4 Tbsp. water
1 egg, beaten	1/8 tsp. salt

Mix flour and Crisco together with fork. Mix all other ingredients together separately, then add to flour mixture.

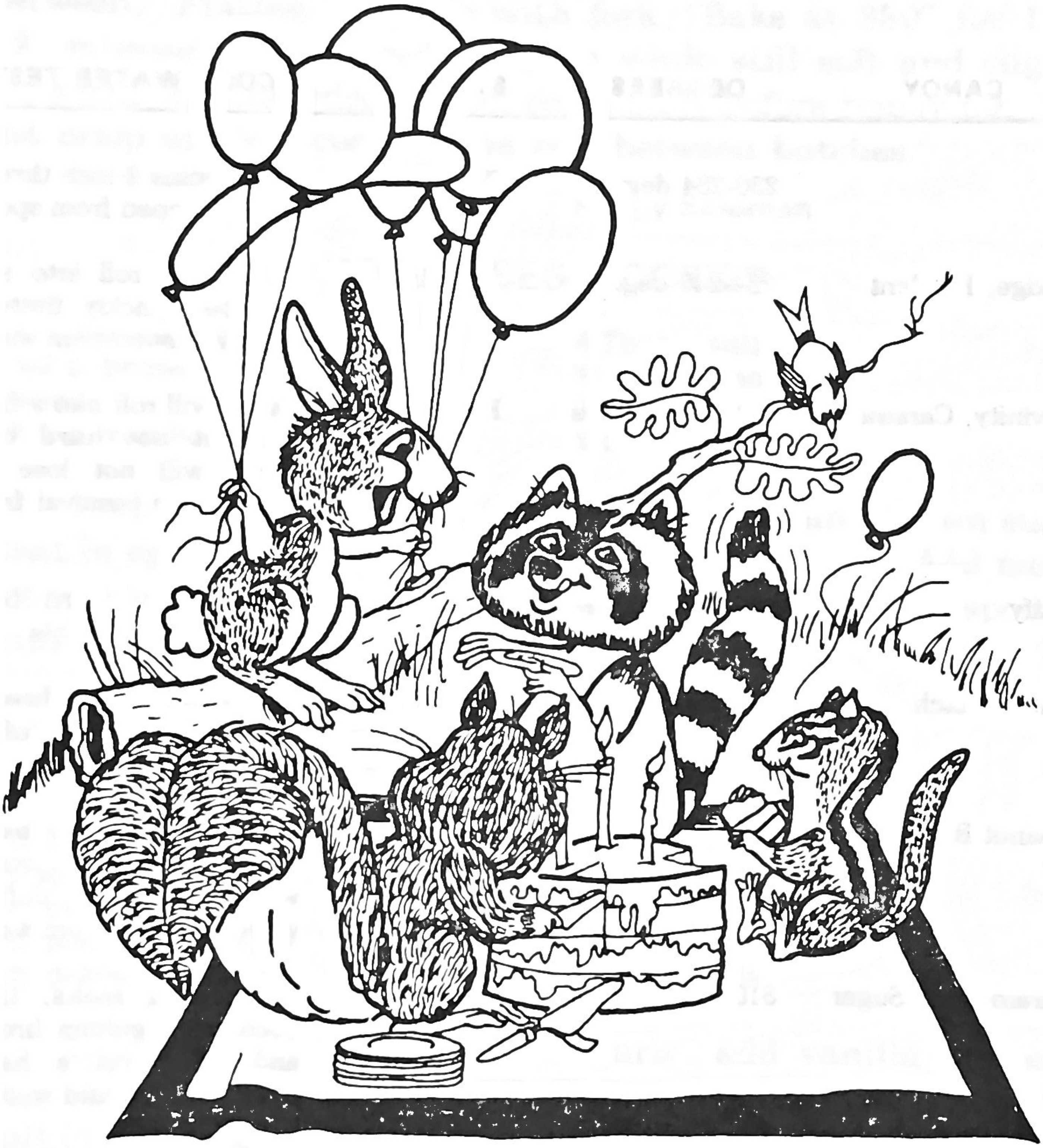
Blend together until moist and forms a ball. Divide into 4 parts. Makes enough for 4 crusts.

Eunice Stenger

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Cakes, Cookies & Confections



Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

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AGGRESSION OATMEAL COOKIES

3 c. brown sugar
3 c. butter or margarine
6 c. oatmeal
3 c. flour
1 Tbsp. baking soda
any amount of nuts, coconut, dates, raisins, etc.

Mix all ingredients with hands. Knead until there are no lumps of butter and batter cleans pan. Roll into walnut size balls. Put on ungreased cookie sheet, leaving much space between. Flatten slightly with fork. Bake at 350° for 10 to 12 minutes. Take out of oven while still soft and slightly browned around edges. Cool completely before removing. Will get crisp as they cool. Wipe pan between batches.

Peggy Bateman

MOLASSES COOKIES

3/4 c. margarine
1 1/2 c. brown sugar
2 eggs
1/2 tsp. vanilla
4 Tbsp. molasses
1 tsp. baking soda
3 c. flour
1 c. raisins

Preheat oven to 350°. Cream margarine and brown sugar. Beat in eggs and vanilla. Mix molasses and soda. Add molasses mixture. Stir in flour and raisins. Drop by teaspoonful onto ungreased baking sheet. Bake 12 minutes.

Barbara Hartman

CRISPY SUGAR COOKIES

1 c. butter or margarine
2 eggs
1 c. oil
1 c. powdered sugar
1 c. granulated sugar
1 tsp. cream of tartar
1 tsp. soda
1 tsp. salt
4 c. flour
1 tsp. vanilla

Cream oil, butter and sugars; add vanilla and eggs. Stir in dry ingredients. Roll teaspoon of soft dough into ball. Roll ball in sugar. On lightly greased cookie sheet, press ball down with fork to make design. Bake 12 minutes at 375°. Makes 8 dozen.

Farrell Hallman

MACAROON KISS COOKIES

1/3 c. butter or margarine, softened
1 pkg. (3 oz.) cream cheese, softened
3/4 c. sugar
1 egg yolk
2 tsp. almond extract
2 tsp. orange juice
1 1/4 c. flour
2 tsp. baking powder
1/4 tsp. salt
5 c. (14 oz. pkg.) flaked coconut
9 oz. pkg. chocolate Kisses

Cream butter, cream cheese and sugar in large mixing bowl until fluffy. Add egg yolk, almond extract and orange juice; beat well. Combine flour, baking powder and salt. Gradually add to creamed mixture. Stir in 3 cups coconut. Cover tightly and chill 1 hour. Shape dough into 1 inch balls, roll in remaining coconut. Place on ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Remove from oven and press chocolate Kiss on top of each cookie. Cool and remove from cookie sheet. Makes about 4 1/2 dozen.

Joanie Robinson

MELTAWAY COOKIES

1 c. flour
1 c. cornstarch
1 c. butter
1/2 c. powdered sugar
1 tsp. vanilla

Sift flour and cornstarch and cream butter. Gradually add sugar and vanilla. Stir in dry ingredients; mix well. Refrigerate 2 to 3 hours. Shape into small balls and place on ungreased baking sheet. Bake until well set in 350° oven.

Eunice Stenger

SNICKERDOODLES

1 1/2 c. sugar
1/2 c. margarine or butter, softened
1 tsp. vanilla
2 eggs
2 3/4 c. flour
1 tsp. cream of tartar
1/2 tsp. baking soda
1/4 tsp. salt
2 Tbsp. sugar
2 tsp. cinnamon

Heat oven to 400°. In large bowl, beat 1 1/2 cups sugar and margarine until fluffy. Add vanilla and eggs; beat well. Add flour, cream of tartar, baking soda and salt; mix well. In small bowl, combine 2 tablespoons of sugar and 2 teaspoons cinnamon. Shape dough into 1 inch balls, roll balls in sugar-cinnamon mixture. Bake at 400° on ungreased cookie sheet for 8 to 10 minutes. Makes about 4 dozen cookies.

Joanie Robinson

2-WAY COOKIES

- 4 c. sifted flour
- 1 tsp. baking soda
- 1 c. margarine
- 1 c. sugar
- 1 1/4 c. light brown sugar
- 3 eggs
- 1 tsp. salt
- 1 tsp. vanilla
- 1/2 tsp. orange extract
- 1 (6 oz.) pkg. chocolate chips
- 1 (3 1/2 oz.) can coconut

Mix together, roll in small cookies. Bake in 350° oven until done.

Eunice Stenger

WASHBOARD COOKIES

- 1 c. soft shortening (half butter)
- 2 c. brown sugar
- 2 eggs
- 1 tsp. soda
- 1/4 c. hot water
- 1 tsp. vanilla
- 4 c. flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 c. moist coconut

Mix shortening, sugar and eggs. Stir in soda dissolved in hot water and vanilla. Sift together and stir in flour, baking powder and salt. Mix in coconut. Chill dough 2 hours. Roll into balls, the size of walnuts. Place on ungreased cookie sheet. Slightly flatten each ball. Press each cookie with floured fork to give washboard effect. Bake for 8 to 10 minutes in moderate oven.

Eunice Stenger

ELEPHANT EARS

- 2 c. milk
- 5 Tbsp. sugar
- 5 Tbsp. shortening
- 2 Tbsp. salt
- 2 pkg. active dry yeast
- 2 c. warm water
- 6 c. flour
- 2 qt. vegetable oil
- cinnamon and sugar

Scald milk; add sugar, shortening and salt. Stir until dissolved. Cool to lukewarm. Sprinkle yeast onto warm water in large bowl. Add milk mixture and 2 cups flour; beat until smooth. Stir in enough additional flour to make stiff dough.

Turn dough onto lightly floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning so top is greased. Cover; let rise in warm place until double, about 1 hour. Punch down and divide into 6 to 8 balls. Roll each out to form an oval. Heat oil to 375° and fry ears, 1 at a time, for 3 to 5 minutes on each side. Sprinkle with cinnamon and sugar. Serve hot.

Pam Monk

SUGAR COOKIES

1 c. sugar
1 c. powdered sugar
1 c. butter or oleo, softened
1 c. oil
1 tsp. baking soda
1/2 tsp. almond extract
1 tsp. cream of tartar
4 1/4 c. flour
2 eggs
1 tsp. vanilla

Mix all ingredients together and drop by teaspoonfuls onto ungreased cookie sheet. Flatten with bottom of a glass dipped in oil, then sugar. Bake for 12 minutes in 350° oven. Makes a very light cookie!

Diane C. Willis

GIANT COOKIE

3/4 c. margarine
1 c. brown sugar
1/2 c. sugar
1 egg
1/4 c. milk
1 tsp. vanilla
1 c. flour
1/2 tsp. salt
1/2 tsp. soda
1/4 tsp. cinnamon
2 1/2 c. quick oats (uncooked)
3/4 c. chopped nuts
M&M's plain candies

Beat together margarine and sugars until light and fluffy; blend in egg, milk and vanilla. Add combined flour, salt, soda and cinnamon; mix well. Stir in oats, nuts and 1/2 cup candies.

To Make 2 Giant Cookies: Place about 2 cups dough onto each of 2 foil lined and greased 12-inch to 13 1/4-inch pizza pans. Spread dough to within 1 inch of edge of pan. Sprinkle each cookie with additional 1/3 cup candies. Bake at 350° for 15 to 17 minutes or until golden brown. Cool.

Jan Elliott

JUST LIKE FAMOUS AMOS COOKIES

- 1 box yellow cake mix (dry)
- 2 (3 oz.) pkg. regular butterscotch pudding mix (dry)
- 1 1/4 c. mayonnaise (not salad dressing)
- 1 (12 oz.) pkg. chocolate chips
- 1 1/2 c. chopped pecans

Mix together all ingredients and drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350° for 16 minutes. Let cool 5 minutes before removing from cookie sheet.

Jill Sherman

DECORATED SUGAR COOKIES

- 1/2 c. oleo
- 1/2 c. butter
- 1/2 c. powdered sugar
- 2 c. flour
- 1/4 tsp. baking powder
- 1/4 tsp. salt

Cream oleo, butter and powdered sugar. Add flour, baking powder and salt. Roll out and cut with any shape cutters. Bake until barely brown. Frost with powdered sugar.

Note: These cookies need a touch of frosting to give them the right amount of sweetness. Canned frosting works very well also.

Sallie Lotz

POTATO CHIP COOKIES

- 1 lb. margarine
- 1 c. sugar
- 2 tsp. vanilla
- 3 1/2 c. flour
- 1 c. crushed potato chips

Whip butter (the more you whip, the lighter the cookie). Mix in sugar and vanilla; mix well. Add flour and potato chips; stir until well blended. Drop from a spoon on a ungreased cookie sheet. Bake 15 minutes at 350°.

Laura Roedell

TAFFY APPLES

- 1 1/3 c. Eagle Brand milk (1 can)
- 1/2 c. butter
- 2 c. brown sugar
- 3/4 c. Karo syrup

Heat to boiling. Boil 5 minutes, stirring. Dip apples or pour over apple slices.

Mary Alice Bonsoe

ELVE'S BELLY BUTTONS

3/4 c. shortening
1/2 c. sugar
2 eggs
1 (3 oz.) lime gelatin
2 1/2 c. flour
1 tsp. almond extract
pinch of salt
1 tsp. baking powder

Cream shortening, sugar and gelatin. Beat in eggs and almond extract. Mix in dry ingredients. Chill dough overnight. Shape dough in small balls and roll in granulated sugar. Place on greased baking sheet. Make small indentation in each cookie with thumb. Place red cinnamon candy or quartered candied cherries in depression. Bake in 350° oven for 10 minutes. Makes 3 to 4 dozen cookies.

Eunice Stenger

MICROWAVE PEANUT BRITTLE

1 c. skinned raw peanuts
1 c. sugar
1/2 c. light corn syrup
1 tsp. vanilla
1 Tbsp. margarine
1 tsp. baking soda

Mix peanuts, sugar and corn syrup in glass mixing bowl. Cook 7 to 9 minutes on High. Mixture should bubble and peanuts browned. Quickly stir in margarine and vanilla. Cook 2 minutes longer; add baking soda just until foamy. Pour and spread quickly on greased cookie sheet. Let cool, break into pieces. Store (do not cook) in any kind of plastic bowl.

Eunice Stenger

PEANUT BUTTER FREEZER CANDY

2 c. chunky peanut butter
1 c. vanilla cookie crumbs
1 (8 oz.) milk chocolate candy bar, melted
2 tsp. pure vanilla extract

Mix together all ingredients. Spread in an 8 x 8-inch pan which has been lined with wax paper. Freeze. Cut into squares and serve very cold.

Jill Sherman

CREAM CHEESE MINTS

1 (3 oz.) pkg. cream cheese, softened
1/2 tsp. liquid peppermint
2 1/2 to 3 1/2 c. powdered sugar
paste food coloring
sugar

Mix cream cheese and peppermint. Gradually add powdered sugar; knead until no longer sticky. Divide into four portions, knead in food coloring. Shape into 3/4 inch balls. Roll in sugar; flatten balls with fork or press into candy mold. Let dry at room temperature. Store loosely covered in the refrigerator. Makes 6 to 7 dozen.

Pam Monk

RICE KRISPIES CARAMEL BALLS

1 stick margarine
1 can Eagle Brand milk
1 (14 oz.) bag caramels
large marshmallows

Melt margarine, milk and caramels. Dip large marshmallows in melted mixture, then roll in Rice Krispies. Put on waxed paper to harden.

Jill Sherman

APRICOT UPSIDE DOWN CAKE

1/2 c. butter
1 c. brown sugar
3 egg yolks, beaten
1 c. sugar
5 Tbsp. apricot juice
1 c. apricot halves
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
3 egg whites, stiffly beaten

Melt butter in a 9 x 9-inch pan and spread with brown sugar. Arrange drained apricot halves, cut side down in bottom of pan. Blend egg yolks, sugar and apricot juice. Stir in flour, baking powder and salt. Fold in egg whites. Bake at 350° for 45 minutes. Immediately invert onto serving platter. Serve with whipped cream.

Farrell Hallman

HEATH BAR BRUNCH CAKE

2 c. flour
1 c. brown sugar, packed
1/2 c. white sugar
1 stick margarine, melted
1 tsp. vanilla
pinch of salt
1 c. buttermilk
1 tsp. soda
1 egg
6 Heath candy bars, coarsely broken
1 c. chopped pecans

Combine flour, brown sugar, white sugar, melted butter, vanilla and salt. Reserve 1/2 cup for topping. To the remainder, add buttermilk, soda and egg; mix well and pour into a greased 9 x 13-inch pan. Combine reserved mix with broken candy bars and pecans. Sprinkle evenly over batter. Bake at 350° for 35 to 40 minutes.

Note: Refrigerate candy bars before breaking them.

Jill Sherman

APPLE CAKE

2 c. sugar
1/2 c. butter
2 eggs
3 large c. apples, finely chopped
2 c. sifted flour
1 tsp. cinnamon
1 1/2 tsp. baking soda
1/2 tsp. nutmeg
1/2 tsp. salt
1 tsp. vanilla
1/2 c. nuts, chopped
1/2 c. sugar
1 tsp. cinnamon

Sauce:

2 c. cold water
2 Tbsp. cornstarch
1/2 c. butter
2 c. brown sugar

Mix cake ingredients, except 1/2 cup sugar, 1 teaspoon cinnamon and 1/2 cup nuts in order given. Makes a very stiff dough. Spread in a 9 x 13-inch pan. Sprinkle with sugar, cinnamon and 1/2 cup chopped nuts. Bake at 350° about 45 minutes or until brown.

Mix and boil sauce ingredients until thick. Serve hot over cake. May also serve with whipped cream.

Farrell Hallmann
Children's Home

PINEAPPLE ZUCCHINI CAKE

3 eggs
2 c. sugar
2 tsp. vanilla
1 c. oil
2 c. zucchini, peeled, grated and drained
3 c. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. baking soda
1 c. crushed pineapple, drained
1 c. cut dates
1 c. pecans, chopped
1 1/2 tsp. cinnamon
3/4 tsp. nutmeg

Beat eggs, sugar, vanilla and oil until fluffy. Add zucchini, baking powder, flour, salt, spices and baking soda. Stir in pineapple, dates and pecans; mix well. Bake in a 13 x 8 x 1-inch pan at 325° (do not preheat oven) for 40 to 45 minutes. Ice with cream cheese frosting.

Farrell Hallmann

RHUBARB UPSIDE-DOWN CAKE

1 box strawberry Jell-O
5 c. rhubarb, cut-up
3 c. small marshmallows
1 c. sugar
1 yellow or white cake mix

Prepare cake mix as directed. Mix Jell-O, rhubarb, marshmallows and sugar. Pour into a 9 x 13-inch cake pan. Pour cake mixture over top. Bake for 1 hour at 350°. Turn out of pan as upside down cake.

Eunice Stenger

SWEDISH CRUMB CAKE

2 c. flour
2 eggs
1 1/2 c. sugar
2 tsp. baking powder
3/4 c. margarine or butter
3/4 c. milk

Sift flour, sugar and baking powder together in bowl. Mix in butter with fingers until well mixed and crumbly. Remove 1 cup of crumbs. To the remainder of the crumbs in bowl, add the 2 eggs and add the milk slowly until thoroughly mixed. Pour into a greased flat pan and scatter the remaining cup of crumbs on top. Bake at 375° for 20 minutes or until done.

Jan Elliott

MACADAMIA-FUDGE CAKE

1 c. flour	1/2 tsp. baking soda
3/4 c. sugar	1/2 tsp. baking powder
3/4 c. sour cream	1/2 tsp. vanilla
1/2 c. oleo	1/4 tsp. salt
1/4 c. cocoa	1 egg
1 1/2 tsp. instant coffee	

Mix all ingredients. Bake for 30 to 35 minutes at 350° for a 9 inch cake. Frost with Macadamia Fudge Topping (recipe follows).

Macadamia Fudge Topping:

1 c. whipping cream	4 sq. semi-sweet chocolate
1/2 c. sugar	7 oz. jar Macadamia nuts
2 Tbsp. oleo	1 tsp. vanilla
1 Tbsp. corn syrup	

Heat all ingredients, except nuts and vanilla to boiling, stirring constantly. Reduce heat to medium; cook 5 minutes, stirring constantly. Remove from heat; stir in vanilla. Cool mixture slightly, stir in nuts. Spread evenly over cake.

Sandy White

RALEIGH HOUSE CHEESE CAKE

9 inch graham cracker crust

Cheese Cake:

12 oz. cream cheese	1/2 tsp. vanilla
1/2 c. sugar	2 eggs

Topping:

1 1/2 c. sour cream	1/2 tsp. vanilla
2 Tbsp. sugar	

Note: Have all ingredients at room temperature before starting.

Have electric mixer set on moderate speed and beat cheese cake ingredients until smooth. Pour into graham cracker crust and bake at 325° for 20 minutes. Remove from oven; set aside to cool.

Mix topping ingredients together well. Spread over cheese cake. Return to oven for 5 minutes. Let cool and refrigerate.

Kathy McBroom

BASIC POUND CAKE

2 sticks margarine
4 Tbsp. shortening
3 c. sugar
5 eggs
3 c. flour
1 c. milk
1 tsp. vanilla

Have all ingredients at room temperature before starting for best results; also superfine sugar, if used, will give cake a finer texture, but is not necessary.

Cream butter, shortening and sugar; add eggs, 1 at a time. Add flour and milk alternately. Add vanilla. Beat for 10 minutes. (If the batter tastes grainy, beat longer.) Bake 1 hour at 350°. Tube or Bundt pan can be used.

Kathy McBroom

DUTCH APPLE CAKE

3/4 c. flour
1/2 c. brown sugar
3/4 stick butter, softened

Mix all together until it crumbles. Butter glass pie plate. Add a layer of sliced and peeled apples. Cover with crumbs and pack down tightly. Bake in 300° oven for 30 minutes until slightly browned. Serve with whipped cream.

Kathy McBroom

GOOEY BUTTER CAKE

1 box yellow or butter cake mix
1 egg
2 Tbsp. water
1 stick butter
1 box powdered sugar
1 tsp. vanilla
3 eggs
1 (8 oz.) pkg. cream cheese, softened
chopped pecans (optional)

Mix cake mix, 1 egg, water and butter at medium speed for 3 minutes. Press into bottom of a 13 x 9-inch pan, then mix powdered sugar, vanilla, 3 eggs and cream cheese at medium speed for 3 minutes. Pour over cake. Sprinkle the top with chopped pecans (optional). Bake at 350° for 45 minutes. Sprinkle with more powdered sugar after baking.

Diane C. Willis

PEACH UPSIDE DOWN CAKE

- 1/4 c. soft butter or margarine
- 1/2 c. brown sugar, packed
- 1 1/2 c. canned peach slices, drained
- 5 maraschino cherries
- 1/2 c. sugar
- 1/3 c. shortening
- 1 egg
- 1 1/4 c. sifted cake flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. grated orange rind
- 1/2 c. orange juice

Spread butter in bottom of an 8-inch round baking dish. Sprinkle with brown sugar and arrange peach slices and halved cherries on top. Cream shortening and sugar together thoroughly. Beat in egg and beat well. Sift together flour, baking powder and salt. Add to creamed mixture alternately with orange rind and juice. Pour batter carefully over peaches. Bake in moderate oven at 350° for 45 to 50 minutes or until cake is done. Allow to cool 5 to 10 minutes. Invert over serving plate to remove cake and allow syrup to drain a minute.

PISTACHIO CAKE

Cake:

- 1 pkg. white or yellow cake mix
- 1 small pkg. pistachio pudding
- 3 eggs
- 1 c. club soda or water
- 1/2 c. oil
- 1/2 c. chopped nuts

Frosting:

- 1 1/2 c. cold milk
- 1 envelope Dream Whip
- 1 small pkg. pistachio pudding

Cake: Combine and beat at medium speed for 2 minutes. Grease and flour cake pan. Bake at 350° for 30 to 35 minutes.

Frosting: Beat slowly to blend and whip until mixture forms soft peaks, approximately 4 to 6 minutes.

Joanie Robinson

LEMON POUND CAKE

1 (3 oz.) pkg. lemon Jell-O	3/4 c. salad oil
1 c. boiling water	4 eggs
1 pkg. yellow cake mix	2 tsp. lemon extract

Glaze:

1 lb. powdered sugar	1/2 c. lemon juice
1 tsp. lemon extract	

Combine and let set until it starts to jell, Jell-O and water. Combine cake mix and oil and add 1 egg at a time and beat well. Add lemon extract. Add Jell-O mixture and beat. Bake in a 9 x 13-inch pan which has been well-greased at 350° for about 30 minutes.

Glaze: Mix sugar, lemon extract and juice. Pour over hot cake in pan.

Cindy Howell

HARVEY WALLBANGER CAKE

1 pkg. orange cake mix	1/2 c. vegetable oil
1 pkg. instant vanilla pudding	2 oz. vodka
4 eggs	2 oz. Galliano
	3/4 c. orange juice

Glaze Icing:

1 c. powdered sugar	1 1/2 Tbsp. Galliano
1 1/2 Tbsp. vodka	1 1/2 Tbsp. orange juice

Mix all ingredients for cake together and bake at 350° for 45 to 55 minutes. Bake in angel food or Bundt cake pan.

Mix icing together and drizzle over cake after removing from oven while still warm.

Joanie Robinson

PASTEL PATTIES

1/3 c. light corn syrup	1 tsp. vanilla
1/3 c. margarine	1 lb. confectioners sugar

Beat corn syrup, margarine and vanilla. Mix in sugar. Knead until smooth. Tint with food color. Shape into 1 1/2 inch patties. Top with nut halves.

Eunice Stenger

COTTON CANDY CAKE

angel food cake mix	1 (3 oz.) pkg. Jell-O (any flavor)

Mix cake mix with Jell-O, then follow cake mix directions. To cut, use knife dipped in water.

Jill Sherman

PINEAPPLE CAKE

2 c. flour	2 tsp. soda
2 c. sugar	1 (No. 2) can crushed pineapple
2 eggs	

Topping:

1 tsp. margarine	1/2 c. nuts
1 c. sugar	1/2 c. reserved crushed pineapple
1 c. coconut	

Reserve 1/2 cup pineapple for topping. Combine rest of ingredients and mix. Pour into a 9 x 13-inch greased pan. Bake at 350° for 40 minutes.

Topping: Melt margarine and sugar. Add rest of ingredients. Boil 3 minutes. Spread on cake.

Eunice Stenger

IRISH TIPSY CAKE

1 box yellow cake mix	1 large container Cool Whip
1/4 c. rum	1 c. chopped nuts
3 small pkg. vanilla instant pudding	maraschino cherries

Bake cake as directed on box and cool. Prepare puddings as directed on box and add rum. Use a small punch bowl. Crumble enough cake to cover bottom of bowl. Alternate pudding mixture, Cool Whip and nuts, ending with Cool Whip. Sprinkle top with nuts and dot with cherries. Push cherries down sides of bowl. (Do not let pudding touch sides of bowl. Do not serve for at least 4 days.) Keep refrigerated. Will keep for at least 10 days.

Jill Sherman

JEWISH COFFEE CAKE

- 1 yellow cake mix
- 1 large pkg. instant vanilla pudding
- 4 eggs
- 1 tsp. vanilla
- 1 c. water
- 1/2 c. oil
- 1/2 c. sugar
- 2 tsp. cinnamon
- 1/2 c. pecans

Combine cake mix, pudding, eggs, vanilla, water and oil; mix well. Grease Bundt cake pan and flour. Combine sugar, cinnamon and nuts. Pour 1/2 cake mixture in pan, then 1/2 sugar and cinnamon mixture, marbleize. Repeat with remaining batter and mixture. Bake at 325° for 60 minutes. Cool for 10 minutes before turning out. Shake powdered sugar over top.

Sharon Poston

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

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DINOSAUR MUD

Crust:

cookies (any kind)	dash of cinnamon
1/2 c. butter or margarine, melted	

Place any kind of cookies in a blender and blend to make 3 cups crumbs. Melt butter or margarine and blend into the cookie crumbs. Add cinnamon; place in a 9 x 12-inch baking dish and bake at 350° for 7 to 10 minutes. Allow to cool.

chocolate ice cream, slightly thawed	1 large and 1 small pkg. chocolate pudding
1 large and 1 small container Cool Whip	

Layer 1: Spread slightly thawed chocolate ice cream over cooled crust and freeze. (I used 1/2 gallon ice cream.)

Layer 2: While ice cream firms up, make 1 large and 1 small package of chocolate pudding according to box directions. (Do not use instant pudding.) Allow chocolate pudding to cool. Spread over ice cream.

Layer 3: Spread 1 large and 1 small container of Cool Whip over the pudding mixture. Return to freezer. Before serving, allow your dinosaur mud to sit at room temperature 5 to 10 minutes.

This is time consuming but very good.

Jan Elliott

BANANA SPLIT DESSERT PIZZA

1 can Eagle Brand milk	3 medium bananas, sliced
1/2 c. sour cream	1 (8 oz.) can sliced pineapple, drained and cut in half
6 Tbsp. lemon juice concentrate	maraschino cherries
1 tsp. vanilla extract	1 small can or squeeze bottle of fudge topping
1 roll Pillsbury sugar cookie dough	
3/4 c. chopped pecans	

Press room temperature sugar cookie dough onto pizza pan and bake until golden brown. Cool. Beat Eagle Brand milk, sour cream, lemon juice and vanilla extract together in medium mixing bowl until smooth. Chill. Arrange 2 bananas on cooled crust. Spoon filling evenly over bananas. Dip remaining bananas in 2 tablespoons lemon juice. Arrange pineapple halves, bananas and cherries on top of filling. Drizzle with fudge topping and sprinkle with nuts.

Joanie Robinson

CRANBERRY MOUSSE

- 1 can (20 oz.) crushed pineapple
- 1 pkg (6 oz.) strawberry gelatin
- 1 c. water
- 3 Tbsp. lemon juice
- 1 can (1 lb.) whole berry cranberry sauce
- 1/4 tsp. ground nutmeg
- 1/2 c. chopped nuts
- 1 (8 oz.) container Cool Whip

Drain pineapple, reserving juice. Add juice to gelatin, stir in water. Heat to boiling to dissolve gelatin. Remove from heat and stir in cranberry sauce, lemon juice and nutmeg. Chill until mixture thickens. Fold in pineapple, nuts and Cool Whip and chill until firm.

Joanie Robinson

PUMPKIN BAR RECIPE

- 1 c. oil
- 2 c. pumpkin
- 2 c. flour
- 4 eggs
- 2 c. sugar
- 1 c. walnuts
- 1/2 tsp. salt
- 1/2 tsp. soda
- 1/2 tsp. ginger
- 2 tsp. cinnamon
- 2 tsp. baking powder

Cream sugar and oil and add eggs and pumpkin; stir well. Stir in dry ingredients and add nuts last. Do not use a beater. Bake at 350° for 25 minutes.

Frosting:

- 1 (3 oz.) cream cheese
- 3/4 stick oleo or butter
- 1 Tbsp. cream or milk
- 1 tsp. vanilla
- 1 3/4 c. powdered sugar

Beat all ingredients together.

Shirley Skinner

FUDGE FILLED BARS

- 2 c. quick oats (uncooked)
- 1 1/2 c. flour
- 1 c. chopped nuts
- 1 c. brown sugar
- 1 tsp. soda
- 3/4 tsp. salt
- 1 c. margarine, melted
- 2 Tbsp. shortening
- 1 1/2 c. M&M's (plain)
- 1 can sweetened condensed milk

Combine oats, flour, nuts, sugar, soda and salt; mix well. Add margarine; mix until dry ingredients are thoroughly moistened and mixture resembles coarse crumbs. Reserve 1 1/2 cups. Press remaining crumb mixture onto bottom of greased 15 1/2 x 10 1/2-inch jelly roll pan. Bake at 375° for 10 minutes. Melt shortening in heavy saucepan until warm. Add 1 cup candies; continue cooking over very low heat, stirring constantly with metal spoon and pressing candies with back of spoon to break up. (Chocolate mixture will be almost melted and pieces of color coating will remain.)

Remove from heat; stir in condensed milk. Mix well. Spread over partially baked crust to within 1/2 inch of edge. Combine reserved crumb mixture and remaining candies. Sprinkle evenly over chocolate mixture pressing in lightly. Continue baking about 20 minutes or until golden brown. Cool thoroughly.

Jan Elliott

CHOCOLATE OATMEAL BARS

- 3 c. quick oats
- 1 c. sugar
- 1 c. oleo, melted
- 1 tsp. baking soda
- 2 c. flour
- 1 c. brown sugar
- 2 eggs
- 1 c. chocolate chips
- 1/2 c. oleo
- 1 can Eagle Brand milk

Mix oats, sugar, oleo, baking soda, flour, brown sugar and eggs; mix well. Press 2/3 mixture into a greased jelly roll pan (16 x 11 x 1-inch), can use 9 x 12-inch. Cook chips, oleo and milk on low until melted. Pour over dry mixture in jelly roll pan and sprinkle remainder of first mixture over top. Bake at 350° for 30 minutes. Do not overbake.

Shirley Skinner

BUTTERSCOTCH BROWNIES

1/2 c. margarine
1 1/2 c. light brown sugar
1 1/2 Tbsp. hot water
1 1/2 tsp. vanilla
2 eggs, slightly beaten
1 1/2 c. flour
3/4 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
3/4 c. chopped nuts
1 1/4 c. chopped M&M's

Melt butter in heavy saucepan over medium heat. Remove from heat; stir in sugar, water and vanilla. Cool slightly; blend in eggs. Gradually add combined flour, baking powder, salt and soda, mixing well after each addition. Stir in nuts and 1/2 cup candies. Spread batter into greased 15 1/2 x 10 1/2-inch jelly roll pan. Top with remaining candies. Bake at 350° for 22 to 25 minutes.

Jan Elliott

PEACH CRISP

1 large can sliced peaches and juice
2 Tbsp. Minute tapioca
3/4 c. sugar
1 tsp. grated lemon rind
1/4 tsp. nutmeg
3/4 c. flour
1/4 c. butter

Combine peaches, tapioca, 1/4 cup sugar, rind and nutmeg in a shallow dish. Blend flour, butter and remaining sugar and cover the peach mixture. Bake in 350° oven for 45 minutes. Serve with cream.

L. Weber

FROZEN DESSENT DELIGHTS

1 qt. vanilla ice cream, softened
1/2 tsp. almond extract
5 drops green food coloring
1/2 c. chopped M&M's, frozen
1 qt. chocolate ice cream, softened

Beat together vanilla ice cream, extract and coloring in large mixing bowl until thick. (Return to freezer if mixture becomes too soft.) Fold in candies. Beat chocolate ice cream in mixing bowl until thick. Spoon the 2 ice cream mixtures alternately into 6 dessert dishes. Freeze overnight.

Jan Elliott

CHOCOLATE MINT DESSERT

Cake Layer:

1 c. flour
1 c. sugar
1/2 c. margarine, softened
4 eggs
1 (16 oz.) can chocolate syrup

Mint Cream Center:

2 c. confectioners sugar
1/2 c. margarine, softened
1 Tbsp. water
1/2 to 3/4 tsp. mint extract
3 drops green food color

Chocolate Topping:

6 Tbsp. margarine
1 c. chocolate chips (semi-sweet)

Heat oven to 350°. Grease a 9 x 13-inch pan. In large mixing bowl, combine cake ingredients; beat until smooth. Pour into prepared pan. Bake for 25 to 30 minutes or until top springs back when lightly touched. Cool completely in pan.

In small bowl, combine Cream Center ingredients and beat until smooth. Spread over cake. Cover and chill.

In small saucepan over very low heat, melt topping ingredients. Remove from heat; stir until smooth. Cool slightly. Pour topping over chilled dessert. Cover; chill at least 1 hour before serving.

Jill Sherman

LEMON DESSERT

50 Ritz crackers, crushed
1/2 c. margarine, melted
1/4 c. powdered sugar
1 (8 oz.) Cool Whip
1 can Eagle Brand milk
1 small can frozen lemonade, thawed

Mix crackers, margarine and powdered sugar; press into a 9 x 9 x 2-inch pan. Chill. Mix remaining ingredients; pour over crust. Chill and serve. This keeps well in the refrigerator for days.

Jill Sherman

COFFEE CHARLOTTE SQUARES

- 1 1/2 Tbsp. instant coffee
- 1 c. hot water
- 1/2 lb. (32) large marshmallows, cut in eighths
- 1 c. cream, whipped
- 1 (10 oz.) angel food cake, broken in bite-sized pieces
- 1/4 c. chopped nuts

Dissolve coffee in hot water. Add marshmallows. Place pan over low heat and stir until marshmallows are melted. Chill until slightly thickened. Fold in whipped cream. Line bottom of 10 x 6 x 2-inch pan with layer of cake pieces. Cover with layer of coffee mixture. Add another layer of cake, top with remaining coffee mixture. Garnish with nuts. Chill overnight. Serve in squares.

Jill Sherman

DESERT DESSERT

- 1 large can crushed pineapple
- 1 c. chopped walnuts
- 1 (8 oz.) pkg. vanilla wafers, crushed
- 1 pt. whipping cream
- 1 small bottle maraschino cherries, drained

Drain pineapple. Cut cherries; whip cream until stiff. Combine with fruit and chopped nuts. Line a 9 x 13-inch pan with half of crumbs. Pour half of cream mixture over crumbs. Add second layer of crumbs, then add remainder of cream. Chill overnight. Serve in squares.

Jill Sherman

HEATH BAR DESSERT

- 1 small pkg. vanilla wafers
- 1 stick margarine
- 2 pkg. French vanilla instant pudding
- 2 c. milk
- 1 qt. vanilla ice cream, softened
- 1 (8 oz.) container Cool Whip
- 3 Heath candy bars

Roll wafers into crumbs. Melt margarine; mix with wafers and pat into a 9 x 13-inch pan. Combine instant pudding and milk as directed on package. Add the softened ice cream and mix well. Pour over crumbs. Crush candy bars, mix with Cool Whip and spread over top. Refrigerate.

Jill Sherman

BAKED FRUIT DESSERT

- 1 (16 oz.) can peach halves, sliced and drained
- 1 (8 3/4 oz.) can Bing cherries, drained
- 1 (8 3/4 oz.) can pineapple, drained
- 1/4 c. brown sugar
- 1/2 tsp. cinnamon
- 2 Tbsp. butter

Mix fruit; add cinnamon, sugar and butter. Bake 15 minutes at 325°. Serve with sour cream.

Farrell Hallmann

APPLE PIE DESSERT

- 2 cans apple pie filling
- 1 (20 oz.) white cake mix
- 3/4 c. margarine

Pour pie filling into a 9 x 13-inch pan. Sprinkle dry cake mix over pie filling. Margarine may be melted or cut into pats and spread over cake mix. Bake in 350° oven for 50 to 60 minutes. Serve with whipped cream or ice cream.

Pam Monk

TRIFLE

- 2 small Sara Lee pound cakes, cubed
- 6 Skor candy bars, crushed
- 1 large jar chocolate fudge sauce
- 1 large pkg. instant vanilla pudding*
- 3 bananas, sliced
- 1 small container Cool Whip

Heat chocolate fudge sauce to make thin (runny). In a deep, clear glass, straight sided bowl, layer ingredients in order, starting with pound cake. This should make at least 2 complete layers. Spread Cool Whip on top and drizzle leftover chocolate over Cool Whip. Chill.

*Prepare according to package directions.

Jill Sherman

STRAWBERRY PIZZA

- 1 c. flour
- 1/4 c. powdered sugar
- 1 stick margarine, melted
- 1 (8 oz.) pkg. cream cheese, softened
- 1 (8 oz.) Cool Whip
- 1/2 tsp. lemon juice
- 1/2 c. sugar
- 1 qt. strawberries
- 1 pkg. strawberry glaze

Mix together flour, powdered sugar and margarine.

Press into a 12-inch pizza pan or 9 x 13-inch pan. Bake at 325° for 15 minutes. Cool. Beat together cream cheese, lemon juice and sugar. Put on top of cooled crust; mix strawberries and glaze. Put on top cheese layer. Top with Cool Whip. Refrigerate.

Jill Sherman

LEMON BARS

1 pkg. angel food cake mix (dry)	1 can lemon pie filling
	1 c. coconut

Combine all ingredients and mix well. Bake in a greased 9 x 13-inch pan at 350° for 30 minutes. Frost with a powdered sugar frosting.

Jill Sherman

PUMPKIN CHEESECAKE BARS

1 (16 oz.) pkg. pound cake mix	1 (8 oz.) pkg. cream cheese, softened
3 eggs	1 can Eagle Brand milk
2 Tbsp. margarine, melted	1 (16 oz.) can pumpkin
4 tsp. pumpkin pie spice	1/2 tsp. salt
	1 c. chopped nuts

Preheat oven to 350°. In large mixer bowl on low speed, combine cake mix, 1 egg, margarine and 2 teaspoons pumpkin pie spice until crumbly. Press onto bottom of a 15 x 10-inch jelly roll pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand, then remaining 2 eggs, pumpkin, remaining 2 teaspoons pumpkin pie spice and salt; mix well. Pour over crust. Sprinkle with nuts. Bake for 30 to 35 minutes or until set. Cool. Chill, cut into bars. Store in refrigerator. Makes 48 bars.

Jill Sherman

OLD ENGLISH PLUM PUDDING

2 c. suet, ground	2 lb. raisins
1 c. brown sugar	1 lb. currants
4 tsp. soda	3 c. bread crumbs
6 c. flour	3/4 lb. mixed fruit peel
6 eggs	2 tsp. cinnamon
2 c. juice (grape or prune)	1 tsp. cloves
1 can red cherries, drained	1 tsp. nutmeg
1 c. dates, chopped	1 tsp. salt

Mix all ingredients in a large dish pan. If more liquid is needed, add cold coffee. Put pudding in bowls that can be boiled. Fill bowls 2/3 full, cover with clean white cloths (tie well). Have a large kettle of water boiling. Add pudding to boiling water and keep covered with water. Boil 8 hours.

This pudding will keep 2 months. To serve, steam heat and put on lemon sauce.

Steve White

SHAMROCK SORBET

- 1 (3 oz.) pkg. lime Jell-O
- 1 c. boiling water or grapefruit juice
- 1 1/2 c. ice cubes
- 1/2 c. cold water
- 1 c. light corn syrup
- 2 egg whites

In large bowl, dissolve Jell-O in water or juice. Add ice cubes; stir until melted. With wire whisk, beat corn syrup and egg whites. Beat then with gelatin mixture. Pour into shallow 9 x 13-inch metal pan. Freeze for 2 hours. Spoon mixture in several batches into food processor or blender. Process for 30 seconds or until smooth. Do not melt. Pour into 1 quart bowl or 9 x 5-inch loaf pan. Cover and freeze until firm.

Eunice Stenger

APPLE CRISP

- 4 c. sliced tart apples (about 4 medium apples)
- 2/3 to 3/4 c. brown sugar
- 1/2 c. flour
- 1/2 c. oats
- 3/4 tsp. cinnamon
- 3/4 tsp. nutmeg
- 1/3 c. margarine

Heat oven to 375°. Grease a square 8 x 8 x 2-inch pan. Place apples in pan. Mix ingredients thoroughly. Sprinkle over apples. Bake 30 minutes or until apples are tender and topping is golden brown. Serve warm.

For cherry crisp substitute 1 can cherry pie filling for apples and use less sugar.

Jan Elliott

DIRT PUDDING

- 1 (8 oz.) pkg. cream cheese
- 1 small pkg. Oreos, crushed
- 2 pkg. instant French vanilla pudding
- 1 (8 oz.) Cool Whip
- 1/2 c. melted butter
- 3 1/2 c. milk
- 1 c. powdered sugar

Crush Oreos, save about 1/4 cup to sprinkle on top. Melt butter and pour in a 9 x 13-inch pan. Add cookies, stir and pat down. In first bowl, add pudding and milk. In second bowl, mix cream cheese and powdered sugar. Mix 2 bowls together. Add Cool Whip. Pour over cookie crust. Sprinkle rest of Oreos on top. Refrigerate to set.

Jill Davis

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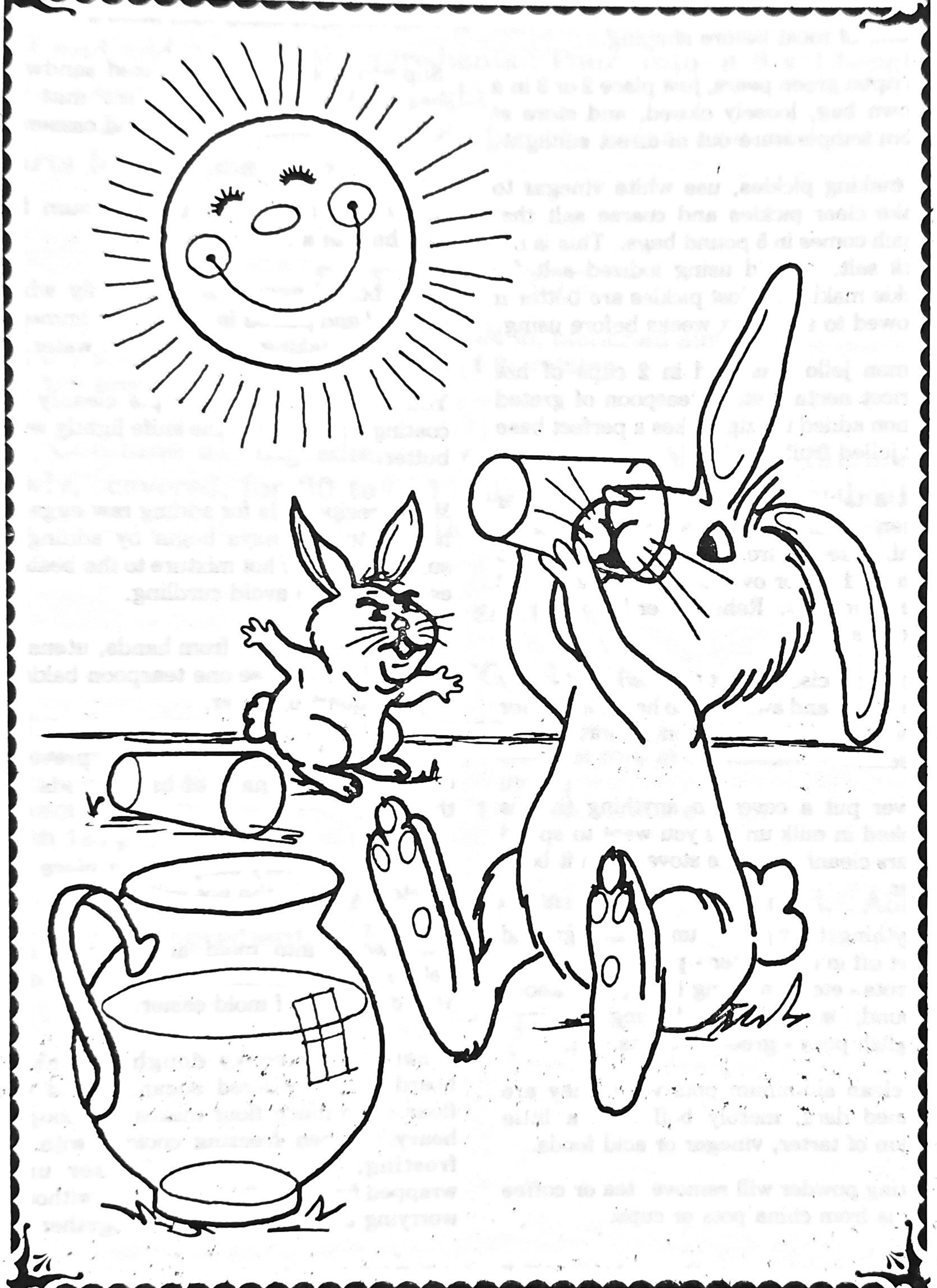
Beverages, Sandwiches & Misc.



Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

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BEVERAGES, SANDWICHES & MISCELLANEOUS

APRICOT BRANDY SLUSH

4 c. water
2 c. sugar
2 c. hot tea
1 c. orange juice
1 c. ReaLemon juice
2 c. apricot brandy

Boil water and sugar in a large kettle. Remove from heat and add remaining ingredients. Pour into a 9 x 13-inch pan. Cover and freeze overnight.

To Serve: Spoon slush into punch bowl and add 1 or 2 quarts lemon-lime soda.

Ed Zeman

SWEDISH GROG

1 gal. tawny Port
1 qt. dry sherry
1 pt. 190 proof grain alcohol
1/4 lb. blanched almonds
1 lb. raisins

Combine all ingredients, except grain alcohol. Simmer slowly, covered, for 20 to 30 minutes. Remove from heat; cool. Add grain alcohol. Bottle and age 1 to 2 weeks. Drink warm.

Ed Zeman

HOMEMADE "GALLIANO"

5 1/2 c. sugar
5 1/2 c. distilled water
3/4 tsp. anise extract (use exact amount)
1 fifth 190 proof alcohol
12 oz. strega extract (you can get this at an Italian store)
1 1/2 tsp. vanilla extract

Boil sugar and water for 5 minutes. Let cool. Add remaining ingredients. Place in refrigerator for 24 hours. Makes 3 quarts.

Ed Zeman

CRANBERRY RASPBERRY FROST

- 1 (32 oz.) bottle cranberry juice cocktail, chilled
- 1 (10 oz.) pkg. frozen red raspberries in syrup, partially thawed
- 1/2 c. lemon juice from concentrate
- 1/4 c. sugar
- 1 qt. pineapple sherbet
- 1 (32 oz.) bottle lemon-lime soda, chilled

In large punch bowl, combine cranberry juice, raspberries, lemon juice and sugar; stir until sugar dissolves. Just before serving, scoop sherbet into punch bowl, add carbonated beverages.

Ed Zeman

RHUBARB WINE

- 14 lb. or 19 c. cut rhubarb
- 1 tsp. almond extract
- 1 gal. boiling water
- 2 1/2 qt. sugar
- 1 cake yeast
- 1 tsp. gelatin

Cut rhubarb; add almond extract and pour boiling water over rhubarb. Let stand 3 days. Press out juice and add sugar, yeast and gelatin; stir well. Let stand 2 days. Put in large jars with plastic bags over jar and tie bags around neck of jars, then bottle. Age 3 months.

Eunice Stenger

HOMEMADE EGG SUBSTITUTE

- 4 egg whites
- 1 tsp. vegetable oil
- 2 drops yellow food color

Mix together egg whites, oil and food color. Makes equivalent to 2 eggs. Contains no cholesterol.

Eunice Stenger

PHILLY BEEF SANDWICH

- 2 medium onions, sliced
- 2 Tbsp. margarine
- 6 frankfurter buns, split and toasted
- 1 1/4 lb. thinly sliced, cooked roast beef
- 12 slices process American cheese

Cook and stir onions in margarine until tender, about 10 minutes. Set oven control to broil. Place bottom halves on ungreased cookie sheet; top with onions and beef. Cut cheese slices into halves. Place 4 halves on each sandwich. Broil with tops 5 to 6 inches from heat, just until cheese is melted, 2 to 3 minutes. Top each with remaining bun half. Makes 6 sandwiches.

Jan Elliott

CHILI BURGER

1 1/2 lb. ground beef
1 egg
1 can chopped green chilies, drained
1/2 c. finely crushed corn chips
1 small onion, chopped (about 1/4 c.)
1 medium clove garlic, crushed
1 Tbsp. chili powder
2 medium tomatoes, each cut into 4 slices
1 c. shredded Monterey Jack cheese

Mix ground beef, egg, chilies, corn chips, onion, garlic and chili powder. Shape beef mixture into 8 patties, each about 1/2 inch thick. Place patties on rack in broiler pan. Set oven control to broil. Broil patties with tops, about 3 inches from heat until medium doneness, 5 to 7 minutes on each side. Place 1 tomato slice on each patty; sprinkle with 1 tablespoon cheese. Broil just until cheese is melted, about 2 minutes.

Jan Elliott

STROMBOLI

1 loaf frozen bread dough
1/4 lb. thinly sliced ham or sausage (browned)
1/4 lb. Genoa salami
1/4 lb. thinly sliced Swiss or Mozzarella cheese
3 inch stick pepperoni, thinly sliced
2 green peppers, chopped
1/4 lb. mushrooms, sliced
oil

Allow bread dough to thaw. Chop green pepper very fine and slice mushrooms; lightly saute in butter. Roll dough into rectangle. Liberally oil both sides of dough. Cover surface with ham, salami, cheese and pepperoni. Add vegetables. Roll filled dough beginning at short side. Place on baking sheet, seam side down. Let rise. Bake for 30 minutes at 350°. Slice into 3/4 inch thick slices.

Jill Sherman

SUSAN'S BARBECUE

- 3 lb. beef stew meat
- 1 onion, chopped
- 1 green pepper, chopped
- 1 (6 oz.) can tomato paste
- 1/2 c. brown sugar, packed
- 1/4 c. cider vinegar
- 1 Tbsp. chili powder
- 2 tsp. salt
- 2 tsp. Worcestershire sauce
- 1 tsp. dry mustard

Combine all ingredients in crock-pot; mix well. Cook on low for 8 to 10 hours or until done. Mix well with wire whisk to shred meat. Makes 10 servings.

Note: Put the meat in a food processor to shred it more easily after it is cooked.

Jill Sherman

LASAGNA IN A BUN

- 3/4 lb. ground beef
- 1 (8 oz.) can tomato sauce
- 1/2 envelope (1/4 c.) regular onion soup mix
- 1/4 tsp. dried oregano, crushed
- 1/4 tsp. dried basil, crushed
- 1 egg, beaten
- 3/4 c. Ricotta or cottage cheese, drained
- 1/2 c. shredded Mozzarella cheese
- 8 hard rolls

Cook beef until brown; drain off fat. Stir in tomato sauce, soup mix, oregano and basil. Cook, covered, over low heat for 5 minutes. Uncover and cook 10 to 15 minutes more, stirring frequently. Meanwhile, combine egg and cheeses. Cut a thin slice off the top of each roll, leaving a 1/2 inch shell. Spoon half of the meat mixture into bottom shells. Spoon cheese mixture over meat. Spoon remaining meat mixture atop cheese mixture. Replace roll tops. Wrap sandwiches individually in foil. Bake at 400° for 20 to 25 minutes. Serves 8.

Jill Sherman

PIZZA BURGERS

- 1 can ground Spam
- 2 lb. ground beef (browned)
- 1/2 tsp. salt
- 1 1/2 tsp. sage
- parsley flakes
- 3 c. pizza sauce or 2 (10 1/2 oz.) Chef Boyardee or Contadina
- 3/4 lb. American or Mozzarella cheese

Mix and chill. Spread on hamburger buns. Bake at 400°

for 12 to 15 minutes. Can be made and wrapped in foil, then frozen. Good for quick lunches.

Deb Beschorner

SLIDERS

(Taste Just Like White Castles)

- 1 to 1 1/2 lb. ground chuck
- 8 oz. shredded Cheddar cheese
- 1 envelope Lipton onion soup mix
- Dijon mustard
- hamburger dill pickle slices
- 2 pkg. Pepperidge Farm party rolls

Brown meat; drain off grease. Add cheese; mix well. Add soup mix; mix well. Cut the rolls in half. Spread 1/2 the meat mixture on bottom half of rolls. Replace top. Cover with foil and bake at 350° for approximately 20 minutes. Remove from oven. Add a pickle and a touch of mustard. Too much mustard takes away from flavor.

Ed Zeman

HAM N' BROCCOLI CRESCENTS

- 1 (3 oz.) pkg. cream cheese, softened
- 1/4 tsp. dill weed
- 1 (8 oz.) can crescent rolls
- 1 (4 oz.) pkg. thinly sliced ham
- 1 (9 oz.) pkg. frozen broccoli spears, thawed and drained

Heat oven to 375°. In small bowl combine cream cheese and dill weed; set aside. Separate dough into 8 triangles. Cut ham into 8 triangles. Spread 1 teaspoon cream cheese mixture over dough, top with 1 ham triangle. Place 1 broccoli spear crosswise on shortest side of each triangle; roll up to opposite point. Place rolls point side down on cookie sheet. Bake at 375° for 15 to 18 minutes or until golden brown.

Pam Monk

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NOTES

TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef or chicken.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour and liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fruit covered with batter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COATSPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

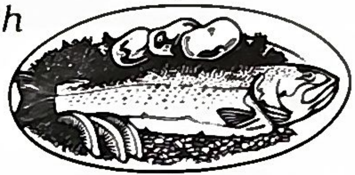
YOUR DAILY NUTRIENTS

Food	Average Adult	Average Child
MEAT OR FISH	1 or more servings of wide variety. Liver once a week	Same as Adult
MILK	1 pint	1 quart
EGGS	1 egg. Dried peas or beans may be substitued 3 times a week.	Same as Adult
VEGETABLES	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
FRUITS	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
BREADS AND CEREALS	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
BUTTER OR VITAMIN FORTIFIED	2 tablespoons	2-3 tablespoons

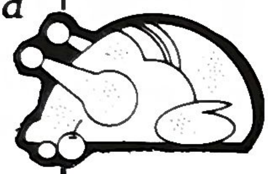
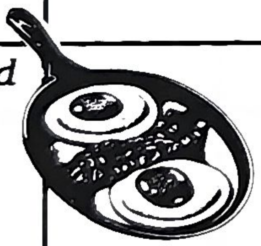
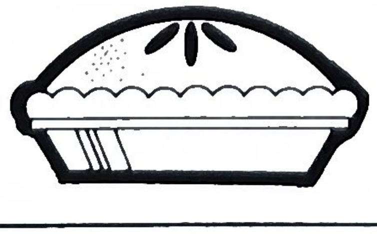
A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk
B1 (Thiamin)	For good appetite, good digestion and steady nerves	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic Acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy greens, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meats, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meats, Stews, Sauerbraten		Curries of Meat, Veal, Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish 	Fish dishes	Chicken, Fish, Shrimp, Chicken salad	Fish dishes, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes			Oriental touch to rice	Buttered noodles
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce
Pies, Breads, Cakes				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	GINGER	MARJORAM	OREGANO	SAGE	TARRAGON
When You Fix: ↓	Aromatic pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats, Casseroles	Pot roast, Pork, Veal, Beef Casseroles	Stuffing for all meats, Ragouts, Stew, Beef, Veal, Pork Roasts, Lamb, Sausage	Pork, Veal and Lamb dishes, Meat Loaf, Stews, Chili	Stuffing for meat dishes, Veal and Pork dishes, Pork roast, Sausage Hamburgers	Beef and Veal dishes
Poultry, Seafood		Chicken and fish dishes, Stuffed fish, Fish chowder	Roast duck, Fish chowder	Poultry	Fish and chicken dishes, Chicken cacciatore, Lobster
Vegetables, Pickles, Preserves	Pickles, Preserves, Chutney, Vegetable combos	Scalloped potatoes and tomatoes, Dressing for broccoli, cabbage, spinach	Hash brown pototoes, Dried beans, Lentils	Vegetable loaves, Beans, Tomatoes	Potatoes, Tomatoes, Beets, Spinach, Pickles
Eggs and Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Spaghetti, Noodles		Spaghetti sauce	Spaghetti with meat sauce, Pizza		
Soups, Salads, Sauces	Soups, Chicken broth, Gravies, Fruit salad, Whipped cream	Soups, Salad dressing, Green vegetables, salads	Vegetable and Fish dishes	Salads	Tartar sauce, Sweet-sour sauce, Fish sauces, Green salads, Aspics
Breads, Pies, Cakes	Cakes, Soft cookies and crisp snaps, Pie crust and filling				

Things You Should Know About Meat, Poultry or Seafood

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

How Much To Buy

	Meat	Weight or Measure	No. of Servings
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to 2
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2½ to 3½ pounds	3 to 5
	Broilers	1 to 2½ pounds	2 to 3
	Roasters	2¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (Shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (schucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

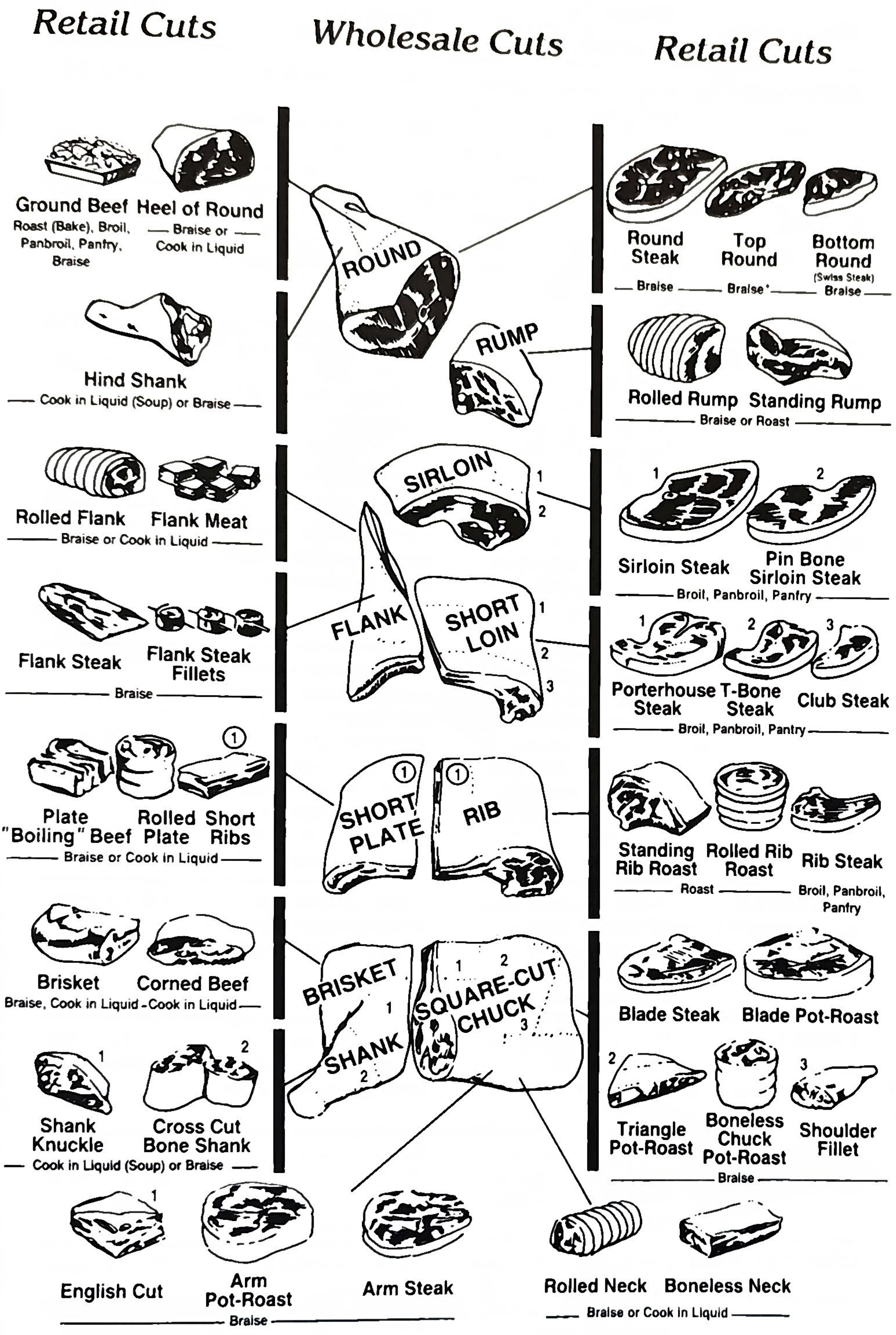

Retail Cuts
Wholesale Cuts
Retail Cuts
Ground Beef
Roast (Bake), Broil, Panbroil, Panfry, Braise
Heel of Round
Braise or Cook in Liquid
Hind Shank
Cook in Liquid (Soup) or Braise
Rolled Flank
Flank Meat
Braise or Cook in Liquid
Flank Steak
Flank Steak Fillets
Braise
①
Plate "Boiling" Beef
Rolled Plate
Short Ribs
Braise or Cook in Liquid
Brisket
Corned Beef
Braise, Cook in Liquid - Cook in Liquid
1
2
Shank Knuckle
Cross Cut Bone Shank
Cook in Liquid (Soup) or Braise
ROUND
RUMP
SIRLOIN
1
2
FLANK
SHORT LOIN
1
2
3
SHORT PLATE
①
RIB
①
BRISKET
1
SHANK
2
SQUARE-CUT CHUCK
1
2
3
Round Steak
Top Round
Bottom Round
(Swiss Steak)
Braise
Braise*
Braise
Rolled Rump
Standing Rump
Braise or Roast
1
2
Sirloin Steak
Pin Bone Sirloin Steak
Broil, Panbroil, Panfry
1
2
3
Porterhouse Steak
T-Bone Steak
Club Steak
Broil, Panbroil, Panfry
Standing Rib Roast
Rolled Rib Roast
Rib Steak
Roast
Broil, Panbroil, Panfry
Blade Steak
Blade Pot-Roast
2
3
Triangle Pot-Roast
Boneless Chuck Pot-Roast
Shoulder Fillet
Braise
1
English Cut
Arm Pot-Roast
Arm Steak
Braise
Rolled Neck
Boneless Neck
Braise or Cook in Liquid

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
ASPARAGUS	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	 8-10 mins. 10-15 mins.
BEANS, Green or Wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
NAVY BEANS, Dried	Rinse. Soak over-night in 3 times as much water as beans; OR bring to boil, sim-mer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1½ hours
BEETS	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
BROCCOLI	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 mins. Total
BRUSSELS SPROUTS	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
CABBAGE, Green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
CARROTS	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme..	20-25 mins. Whole
CAULIFLOWER	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes;		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Coca (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

QUANTITIY COOKING

Food	25 Servings	100 Servings
MEAT, POULTRY OR FISH		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
SANDWICHES		
Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads
SALADS, CASSEROLES		
Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gal.
Baked Beans	¾ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
VEGETABLES		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½-3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2-4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾-1 pound
Grain products -		
Cereal, flour, whole grain	2-2½ pounds	3-4 pounds
Meat, fish and poultry	4-4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5-7 pounds
Potatoes	1-1½ pounds	2-3 pounds
Sugars and sweets	½-1 pound	1-1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) . . 2 tablespoons flour.

1 cup sifted cake flour . . . 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk . . 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) . . . 3 or 4 tablespoons cocoa plus ½ tablespoon fat.

1 cup sifted all-purpose flour . . . 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk . . . . . . 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.

1 cup cream, sour, thin . . . . 3 tablespoons butter and ¾ cup milk in sour milk recipe.

1 whole egg . . . . 2 egg yolks for custards.

1 cup molasses . . . . 1 cup honey.

1 package active dry yeast . . . . 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated . 1 small fresh onion.

1 tablespoon prepared mustard . 1 teaspoon dry mustard.

FAVORITE RECIPES

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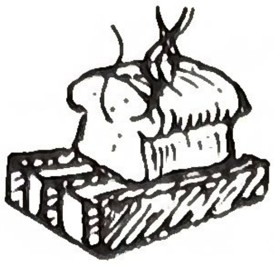
Notes



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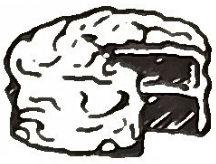

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Notes

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